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NEWS WORTH SHARING.

Totem pole holds tall tale

Hundreds on Haida Gwaii take part in first raising of its kind in over a century PAGE 4

Egypt deaths soar past 600

Churches, police attacked as Muslim Brotherhood calls for mass rally on Friday PAGE 8

A BUTLER NEVER TELLS, BUT FILM SHOWS IT ALL

FOREST WHITAKER SERVES UP ACTING CHOPS AND STRONG STORYLINE AS A WHITE HOUSE INSIDER ALONGSIDE OPRAH, ROBIN WILLIAMS AND SHOW-STEALER DAVID OYELOWO PAGE 21

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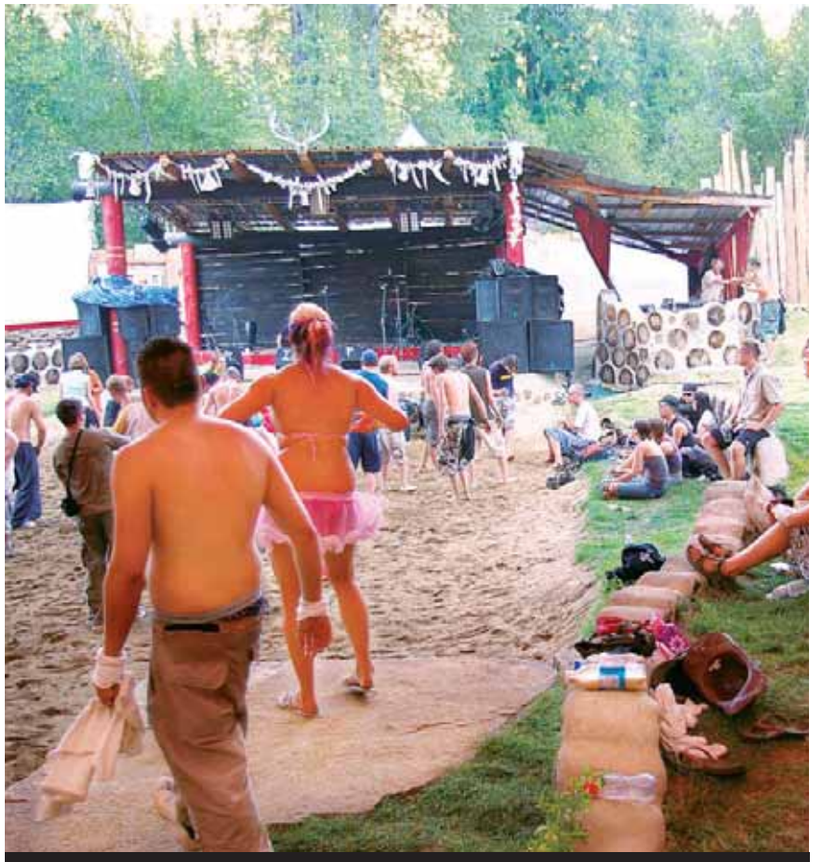

The Shambhala Music Festival has been an annual fixture in Salmo, B.C., since 1998. The festival's current director of public safety says his team has had to deal with weapons, drug traffickers, gangsters, being assaulted and being verbally abused. FLICKR: OMIEE

Guard poisoned with LSD and date-rape drug

Shambhala Music Festival. Woman nearly dies after drinking from sealed water bottle

KATE WEBB
kate.webb@metronews.ca

A female security guard working at the Shambhala Music Festival in Salmo, B.C., nearly died on Monday after someone passed her a sealed water bottle that contained a high concentration of LSD and GHB — also known as the date-rape drug.

RCMP did not return calls on Thursday, but the festival's director of public safety, Barry Wilding, wrote in a public Facebook post that they are investigating.

Never OK

"While not everyone may appreciate the work they do ... intentionally dosing a guard, or anyone for that matter, is unacceptable."

Festival director of public safety Barry Wilding, in a Facebook post

"The guard was rushed to our medical facility, where she received acute medical care," Wilding wrote.

"If not for our medical team, we are not certain what the outcome might have been. Suffice to say, they saved her life."

Reached by email Thursday morning, Wilding said the guard is shaken up but is now doing fine.

In his Facebook post, Wilding appealed to festival attendees to come forward with any information.

Shambhala has long had a reputation as a scene of rampant drug use, and last year experienced the first death in its 16-year history.

A 23-year-old man died on Aug. 11, 2012, from pulmonary failure as a result of "illicit and prescription drug toxicity." Tests found a mixture of morphine, diazepam, cocaine, MDMA and GHB in his blood.

Wilding wrote that his team has watched over Shambhala for 13 years, and in that time has dealt with weapons, drug traffickers, gangsters, being assaulted and being verbally abused.

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NEWS 1

$2,000 reward offered for illegal dentist on the lam

Heading to Toronto. Authorities expect Burnaby man to set up shop again

EMILY JACKSON
emily.jackson@metronews.ca

The man who illegally practised unsanitary dentistry from a Burnaby bedroom for a decade is apparently on the run to Toronto, but authorities are trying to stop him by offering a $2,000 reward to anyone who turns him in.

After authorities searched and seized his clinic on May 29, Tung Sheng Wu, also known as David Wu, attempted to ship his vehicle loaded with unsanctioned equipment purchased online from overseas to Toronto, according to the College of Dental Surgeons of B.C.

"We suspect he's going to Toronto to set up business there," college CEO and registrar Jerome Marburg said at a news conference. "This is a guy that's consistently hidden … he needs to be stopped, plain and simple."

Wu, 62, already ignored a B.C. Supreme Court injunction to stop practising in 2003, and did not show up when the court ordered a second injunction and found him in contempt earlier this week.

Wu, who may have training from overseas, is "thumbing his nose at the court" by continuing to purchase equipment and practise under conditions that could have caused transmission of hepatitis B, hepatitis C and HIV, Marburg said.

"This is not some Good Samaritan acting on behalf of the downtrodden," he said, adding though Wu's services were cheaper, his clients included the wealthy and the poor.

Though the case is civil, not criminal, Wu could face jail time and hefty fines. The college funded the expensive investigation, including private detectives.

Wu is believed to be in the Lower Mainland, but there is a Canada-wide search warrant for his arrest. Anyone who leaks his whereabouts to the college can remain anonymous.

The illegal practice was discovered after a client complained earlier this year.

Anyone who received treatment from Wu is asked to get free testing from Fraser Health by calling 855-895-7425.

Anyone with information about Wu's whereabouts can contact the college in confidence at 604-209-1708.

A surveillance image of illegal dentist David Wu. CONTRIBUTED

Anti-homophobic bullying policies linked to drop in teen binge drinking

LGBTQ and straight students who attend high schools with anti-homophobic bullying policies and gay-straight alliances (GSAs) are significantly less likely to binge drink, according to findings in a new University of British Columbia study.

Senior study author and nursing professor Elizabeth Saewyc analyzed the 2008 B.C. Adolescent Health Survey for the study, which was recently published in the Journal of Preventive Medicine.

She and her UBC colleagues concluded that anti-homophobic bullying policies have a stronger positive effect on straight teens than gay or bi students, while established GSAs appear to make more of a difference for lesbian and bisexual girls.

"When it comes to anti-homophobia policies that have been around for three or more years … what we found was that heterosexual boys were 45 per cent less likely to report frequent binge drinking, and heterosexual girls were 62 per cent less likely," Saewyc said.

In schools with established GSAs, lesbian and bisexual girls and all heterosexual students were less likely to binge drink and experience problems associated with alcohol and drug use, such as blacking out, car accidents, problems at school or family arguments about alcohol use.

There were no significant effects for gay or bisexual boys, which Saewyc said she suspects is owed to the stronger social pressure on boys to binge drink.

The province passed legislation in 2007 requiring all school districts to adopt codes of conduct prohibiting discrimination on all the bases in the Canadian Charter of Rights and Freedoms, including sexual orientation.

But the B.C. NDP has been lobbying for years to see more done to specifically address homophobic bullying with students.

When the study was conducted in 2008 only 15 out of B.C.'s 60 school districts had specific anti-homophobic bullying policies. Since then that number has risen to 17.

Saewyc said her findings should allay the fears of social conservatives that anti-homophobia programs in schools have a negative effect on straight students.

KATE WEBB/METRO

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TSB. Poor planning, equipment linked to volunteer marine deaths

Poor planning before a search-and-rescue training exercise last year contributed to a deadly accident in which an inflatable boat capsized in dangerous rapids off the Sunshine Coast, the Transportation Safety Board says. Two crew members were trapped underneath the boat and drowned.

The TSB report raises concerns about non-approved equipment that had been installed on a self-righting system aboard the boat, and concludes survival suits used during the exercise were inadequate, leaving two surviving crew members with mild hypothermia.

The crew was conducting a training exercise on a Zodiac Hurricane rigid-hull, inflatable fast-rescue craft on Sechelt Rapids, a narrow channel off Sechelt Inlet that is known for its strong currents.

The crew were members of the Royal Canadian Marine Search and Rescue, a volunteer group. THE CANADIAN PRESS

Axe to grind. Grouse Grind among most dangerous hikes on earth: Magazine

Outside magazine has named the Grouse Grind one of the world's 10 most dangerous hikes.

The magazine blames unprepared hikers for the Grind's inclusion on the list that also features the likes of Huayna Picchu, the "hike of death" above the ancient Inca city of Machu Picchu.

"There are dozens of beautiful hikes around Vancouver, British Columbia," the online write-up begins. "The Grouse Grind isn't one of them. The short trail gains 2,800 feet in just 1.8 miles, including 2,830 stairs, making it one of the steepest trails anywhere."

It goes on to note that three people have died on the trail since 1999, and that it takes as many as 12 rescuers to get a single hiker off the mountain.

Grouse Grind: Climb at your own risk, says Outside magazine.

JONATHAN HAYWARD/THE CANADIAN PRESS

JEFF HODSON/METRO

Hundreds pitch in to raise totem pole on Haida Gwaii

First raising in more than a century. Event celebrates pact with Ottawa that created Gwaii Haanas

A new totem pole the height of a three-storey building now looms over the southern Haida Gwaii, carved with symbols that are said to protect the remote land from ocean floor to mountaintop.

Hundreds gathered on Thursday in the Gwaii Haanas National Park Reserve to watch the 13-metre, nearly 3,000-kilogram pole raised using six ropes and sheer manpower, the first such raising in more than a century.

Spectators were dwarfed by the colourful and intricate totem, which took more than a year to carve and paint and represents Gwaii Haanas' modern and ancient history.

The pole was created to celebrate the 20th anniversary of an agreement between the Haida Nation and the government of Canada in which both will co-manage and protect the region.

The ceremony took place on Lyell Island, where the Haida Nation led a political standoff in 1985 to protest logging in the area. The Gwaii Haanas region was subsequently designated a heritage site and a national park reserve.

Peter Lantin, Haida Nation president, told the gathering the totem was the perfect way to tell the story of the resolution of that conflict.

The 1985 blockade is represented by five people standing together, locking hands, in the pole carved by Jaalen Edenshaw, with help from his brother and cousin. Edenshaw was five years old at the time of the standoff.

Spectactors on Haida Gwaii were also joined by nearly 1,000 people watching a live stream of the ceremony online.

"The Haida traditions are alive and strong with the added twist of technology so the world can bear witness to this remarkable event!" said Carolyn Hesseltine.

THE CANADIAN PRESS

Haana Edenshaw, 9, of Masset, tosses eagle feathers in the air on Thursday during the blessing of the Gwaii Haanas legacy totem pole before it is raised in Windy Bay, on Lyell Island in Haida Gwaii. DARRYL DYCK/THE CANADIAN PRESS

Ancient wisdom

- Haida legend has it that the tremors and quakes that strike the islands — including a 7.7-magnitude earthquake 10 months ago — are the work of a supernatural being, translated as Sacred One Standing and Moving, who is believed to hold up the Haida Gwaii.
- An image of the Sacred One has been carved into the soft red cedar pole.

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PNE has everything from Bhangra to crocodile burgers

Your very own tour. Metro offers you a taste of this year's PNE, including a look at many new attractions

EMILY JACKSON
emily.jackson@metronews.ca

White picket fences got their last coat of paint, stuffed Smurfs were hung from the rafters, farm animals moved into their stalls and food vendors made last-minute trips to Costco.

It's PNE time, folks, and crews are hard at work making sure the grounds are ready by the time the gates open on Saturday.

And there are many new attractions for 2013, as Metro saw on a Thursday tour. Here are some highlights:

This New Zealand white rabbit, named Victoria will never be stew, according to her owner, who is displaying her at the PNE. JENNIFER GAUTHIER/FOR METRO

Hungry for crocodile?

Gourmet Burgers, a new vendor this year, is serving up crocodile, kangaroo, camel and wild-boar burgers along with (slightly more traditional) venison patties.

If you're a fan of deep-fried fare, don't miss out on the new deep-fried green beans — they almost count as a vegetable for weight-conscious fairgoers. Classics such as Hunky Bill's Perogies and mini-doughnuts are also on the menu.

Swords!

If artifacts, ancient swords and intricate costumes are your thing, check out the exhibit dedicated to the life and times of Genghis Khan, the fear-inspiring leader of the Mongol Empire.

It's the first time the exhibit is on display in Canada. It has been seen by more than a million people around the world in places such as Singapore and Chicago.

Bhangra dancing

First came the Times of India Film Awards, and now the PNE's first South Asian Day.

Singers, dancers, musicians and break-dancers will perform three shows at the community showcase stage on Aug. 31. It's part of the fair's bid to attract crowds interested in more than food and rides.

Annalise Gibbs hangs stuffed Smurf prizes for a game booth at the PNE on Thursday. JENNIFER GAUTHIER/FOR METRO

Lower prices

PNE attendance has dropped since the recession and its centennial in 2010, so organizers have lowered prices to entice larger crowds.

Adults pay $16 at the gate instead of $20 and kids 13 and under get in for free. Parking fees are also down to $16 from $20.

In order to save cash, the fair, which runs from Aug. 17 to Sept. 2, will not open the first two Mondays.

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Death toll soars in Egypt as violence spills into 2nd day

Turmoil spreads.
Police, churches and government buildings attacked as Muslim Brotherhood calls for mass rally on Friday

Weeping relatives in search of loved ones uncovered the faces of the dead in a Cairo mosque near the smouldering epicentre of support for ousted president Mohammed Morsi as the death toll soared past 600 Thursday from Egypt's deadliest day since the Arab Spring began.

World condemnation widened for the bloody crackdown Wednesday on Morsi's mostly Islamist supporters, including an angry response from U.S. President Barack Obama.

Violence spread Thursday, with government buildings set afire near the Pyramids, policemen gunned down and scores of Christian churches attacked. As turmoil engulfed the country, the Interior Ministry authorized the use of deadly force against protesters targeting police and state institutions.

The Muslim Brotherhood, trying to regroup after the assault on their encampments and the arrest of many of their leaders, called for a mass rally on Friday in a challenge to the government's declaration of a nationwide state of emergency and a dusk-to-dawn curfew.

At least 638 people were confirmed killed and nearly 4,000 wounded in the violence sparked when police smashed the two sit-ins in Cairo where Morsi's supporters had been camped out for six weeks calling for his reinstatement.

THE ASSOCIATED PRESS

A man mourns next to the body of a supporter of ousted president Mohammed Morsi at a mosque in Cairo's Nasr City in Egypt Thursday. Authorities significantly raised the death toll from clashes the previous day between police and supporters of the ousted Islamist president, laying bare the extent of the violence that swept much of the country and prompted the government to declare a nationwide state of emergency. AHMED GOMAA/THE ASSOCIATED PRESS

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Foreign affairs. Egyptian authorities must 'protect worshippers': Baird

John Baird THE CANADIAN PRESS FILE

Foreign Affairs Minister John Baird says he's concerned about attacks on religious institutions as deadly violence continues to flare in Egypt.

But so far, Canada has not imposed any sanctions against the interim government in Cairo following a military crackdown against supporters of ousted Egyptian president Mohammed Morsi.

In a statement, Baird and Andrew Bennett, Canada's ambassador for religious freedom, call attacks on Christian churches in Egypt unconscionable, and they say authorities need to protect worshippers.

"We are concerned by recent attacks on religious institutions in Egypt, in particular the unconscionable attacks on Coptic Orthodox and Anglican churches, and on Baptist and Franciscan institutions," the statement reads.

"Attacks on places of worship are unacceptable. Canada calls on Egyptian authorities to protect worshippers and religious sites from violence and intimidation."

Egypt's ambassador to Canada, Wael Ahmed Kamal Aboul-Magd, was unavailable Thursday to respond to Baird's statement. His assistant said the ambassador would not be back to the embassy until the weekend. THE CANADIAN PRESS

At least 18 dead as car bomb hits Beirut neighbourhood

Lebanon. Dozens also trapped in burning cars in Hezbollah stronghold in bloodiest attack yet linked to Syrian civil war

A powerful car bomb tore through a bustling south Beirut neighbourhood that is a stronghold of Hezbollah on Thursday, killing at least 18 and trapping dozens of others in an inferno of burning cars and buildings in the bloodiest attack yet on Lebanese civilians linked to Syria's civil war.

The blast is the second in just over a month to hit one of the Shiite militant group's bastions of support, and the deadliest in decades. It raises the spectre of a sharply divided Lebanon being pulled further into the conflict next door, which is being fought on increasingly sectarian lines pitting Sunnis against Shiites.

Syria-based Sunni rebels and militant Islamist groups fighting to topple Syria's President Bashar Assad have threatened to target Hezbollah strongholds in Lebanon in retaliation for intervening on behalf of his regime in the conflict.

Thursday's explosion ripped through a crowded, overwhelmingly Shiite area tightly controlled by Hezbollah, turning streets lined with vegetable markets, bakeries and shops into scenes of destruction.

Dozens of ambulances rushed to the site of the explosion and firefighters used cranes and ladders to try to evacuate terrified residents from burning buildings. Some fled to the rooftops of buildings and civil defence workers were still struggling to bring them down to safety several hours after the explosion.

The blast appeared to be an attempt to sow fear among the group's civilian supporters.

Hezbollah's Al Manar TV and Red Cross official George Kattaneh said the death toll was at least 18, with more than 280 wounded. THE ASSOCIATED PRESS

Lebanese citizens stand next to burned cars and shops at the site of a car-bomb explosion in southern Beirut on Thursday. The powerful car bomb ripped through a crowded neighborhood that is a stronghold of the militant group Hezbollah, killing at least a dozen people. HUSSEIN MALLA/THE ASSOCIATED PRESS

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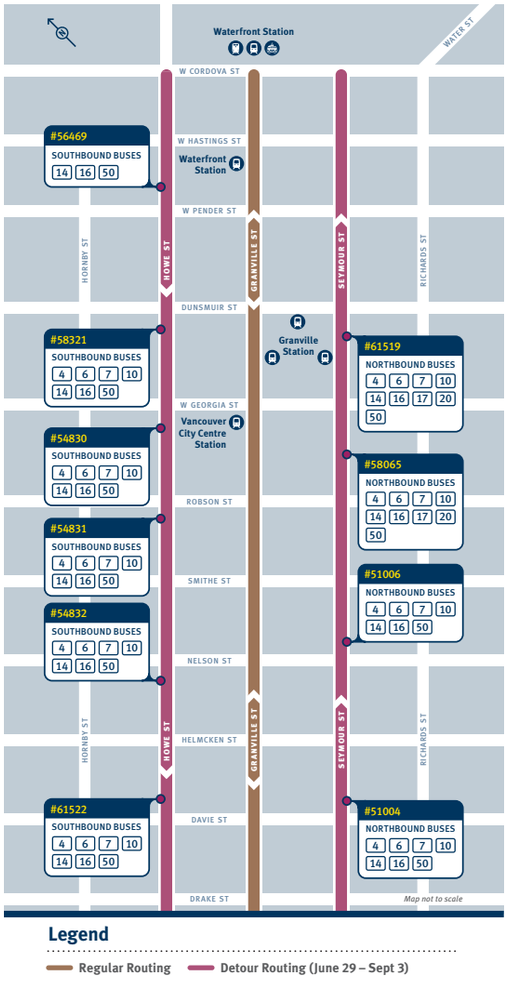
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Map not to scale
Legend
Regular Routing
Detour Routing (June 29 – Sept 3)

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Canadian Pacific Railway locomotives are shuffled around a marshalling yard in Calgary on May 16, 2012. The railway is rejecting a demand by the Quebec government that it help fund the Lac-Mégantic cleanup. JEFF MCINTOSH/THE CANADIAN PRESS

CPR refuses to pay for Lac-Mégantic

Montreal. Province says CPR was responsible for fateful shipment that was supposed to send crude oil from North Dakota to refinery in New Brunswick

Canadian Pacific says it holds no financial responsibility for the Lac-Mégantic disaster and is rejecting a legal demand by the Quebec government to help fund the cleanup of the devastated Quebec town.

The railway has announced that it will appeal the legal order.

The news comes one day after the provincial government added CPR to a list of defendants that it says are responsible for paying for the massive mop-up in Lac-Mégantic, where a train derailed on July 6 and dumped millions of litres of crude oil into the environment.

"Canadian Pacific has reviewed the notice. As a matter of fact, and law, CP is not responsible for this cleanup," said railway spokesman Ed Greenberg.

But Environment Minister Yves-Francois Blanchet was quick to retort: "Under the law on environmental quality, the minister does not ask for, or suggest, compensation ... he orders it," said Blanchet in a statement.

The disaster killed 47 people and led to a mass evacuation in the community of 6,000. The derailment has since prompted a criminal investigation, several lawsuits and concerns that locals may have to abandon the downtown core. THE CANADIAN PRESS

Winnipeg drug bust

Boy, 12, charged with trafficking cocaine

A raid in downtown Winnipeg has led to cocaine-trafficking charges against a 12-year-old boy.

Officers seized crack cocaine, drug paraphernalia and $1,200 in cash during the raid Wednesday afternoon. Six people were arrested.

The boy is also charged with possessing the proceeds of crime and failing to comply with previous court-ordered conditions.

He remains in custody at the Manitoba Youth Centre. THE CANADIAN PRESS

Saskatoon. Mental-health commission to educate police officers

The head of the Canadian Mental Health Commission says good education and training will help police officers interact better with people who have mental-health issues.

Louise Bradley spoke Thursday at the Canadian Association of Police Boards' annual meeting in Saskatoon on Thursday. Education and training on this issue is only the beginning, she said.

Saskatoon police Chief Clive Weighill says it's one of the biggest policing problems that has emerged in the last 10 to 15 years.

"We're dealing with homeless people. We're dealing with people who have mental-health (and) addiction problems," he said.

"People call us. We end up putting intoxicated people in our detention areas. They don't belong there. It's a health issue, not a crime issue."

A coroner's inquest is scheduled this fall into the deaths of three people with possible mental-health issues who were shot by Toronto police. THE CANADIAN PRESS

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Senate mulls more payback for Wallin

The Senate hasn't yet decided whether to order Sen. Pamela Wallin to pay back more money for her travel to so-called "networking events."

But Conservative Sen. Carolyn Stewart Olsen says there are lingering questions about "quite a few" of those claims, which came to nearly $21,000.

"Our committee did review the claims in question and asked Finance to do more research for us," she said in an email Thursday.

"I do not have an idea of amounts right now. Will probably take some time to sort out."

Some of those networking events include Wallin's meeting with someone from the New York City Ballet; with a Bay Street investor to talk about a business she was about to buy; and with someone to talk about a book project.

THE CANADIAN PRESS

Teens in Rehtaeh Parsons case appear before court

Child-porn allegations. Pair will be back in a month to give attorneys time to review evidence

RUTH DAVENPORT
Metro in Halifax

The two young men facing child pornography-related charges arising from the Rehtaeh Parsons case will return to Halifax youth court in September.

The 18-year-olds were arraigned Thursday morning, but their lawyers asked for an adjournment, saying they needed time to review the case against their file.

"We've received nothing other than a few bits of disclosure five minutes before we stepped into the courtroom," defence attorney Josh Arnold told reporters after the brief appearance.

Michael Parsons, uncle of Rehtaeh, believes the two accused should have been charged with manslaughter.
ANDREW VAUGHAN/THE CANADIAN PRESS

Rehtaeh took her own life in April, reportedly after two years of bullying over an alleged sexual assault when she was 15.

The accused were arrested on Aug. 8. One is charged with creating and distributing child pornography. The other faces two charges of distribution.

Rehtaeh's uncle told reporters afterwards he wasn't satisfied with the charges.

"I think they should be charged with manslaughter," said Michael Parsons, who believes the alleged child pornography, distribution and subsequent bullying "caused that much anger within her that she had to take her own life."

Arnold said intense emotion is to be expected but expressed concern regarding the scrutiny surrounding his client.

"It appears that individuals on the Internet and certain members of the media conducted their own one-sided trial," he said.

Arnold said the case would likely be heard by a judge alone, rather than a judge and jury.

Fair-trial rights

"These boys have not been prosecuted in the media.... It was only through the media participation that this case is even being looked at today."
Michael Parsons, uncle of Rehtaeh

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Big business threatens wetlands in Uganda

Despite loud protests by environmentalists in Uganda, trucks dumped dirt into Uganda's Lutembe Bay wetland to convert it into land for an expanding rose farm.

The area was deemed to be of international importance under an international convention on wetlands, but Uganda's environmental protection agency instead sided with industry.

The business destroying the wetland is owned by Ugandan tycoon Sudhir Ruparelia, who, according to Forbes magazine, is the richest man in East Africa.

Some activists are concerned that his expansion project was approved under dubious circumstances.

The world's wetlands are being degraded because their functions are not always understood by governments, said Achim Steiner of the United Nations.

THE ASSOCIATED PRESS

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A family member of Josef Hector, who was shot dead in front of his house, cries in the township of Manenberg on the outskirts of Cape Town, South Africa, on Thursday. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Gang violence shuts 16 schools in South Africa

Cape Town. Provincial leader calls for troops despite increased police presence

Education officials in South Africa closed 16 schools, affecting 12,000 students, Thursday in an impoverished area near Cape Town because of a spike in gang violence that has left teachers too afraid to go to work.

Underscoring the level of violence, one man who was identified by fellow members as belonging to a gang called the Americans was shot dead Thursday in an area in Manenberg where many children play. The young man's mother, Aysha Ismail, was distraught as she spoke to The Associated Press by phone soon after seeing her son's body.

"My heart is broken because this gang violence must stop," Ismail said through tears. "There are nearly a hundred small children playing around in the streets. We need a police patrol here."

South Africa's police services have increased their presence in the area recently, said Bronagh Casey, spokeswoman for the Western Cape Education Ministry. But the violence is still affecting schools in the area.

"We rely on law enforcement in the area. Our education relies on a stable community in which to operate," said Casey.

Western Cape Premier Helen Zille on Wednesday called for the army to be deployed to the area.

THE ASSOCIATED PRESS

Police not enough

Violence continues to affect schools despite increased police presence.

- A caretaker at one of the schools died after being shot weeks ago.
- A stray bullet from gang violence hit a primary school.

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Bond stuntman at London Games dies skydiving in Alps

Mark Sutton. Police say man wearing wingsuit jumped from helicopter but crashed into Swiss Alps ridge

Stuntman Mark Sutton, dressed as James Bond, parachutes into the Olympic Stadium during the London Games last summer. PA/THE ASSOCIATED PRESS FILE

The British stuntman who parachuted into the London Olympics opening ceremony as James Bond last summer has been killed in an accident in the Swiss Alps while flying a special wingsuit.

Extreme sports broadcaster Epic TV said Thursday that Mark Sutton was killed during a gathering it had organized involving 20 wingsuit pilots who were being filmed as they jumped from helicopters.

Wingsuits — aerodynamic jumpsuits that make wearers look like winged superheroes — allow flyers to soar long distances before opening parachutes to land.

Swiss police confirmed Sutton died Wednesday when he crashed into a rocky ridge near Trient in the Valais region. They gave his age as 42.

The former army officer had a starring role in one of the most memorable parts of the 2012 Summer Games opening ceremony — a filmed sequence in which Daniel Craig's James Bond escorted Queen Elizabeth from Buckingham Palace and into a helicopter. Stunt doubles of Bond and the Queen then performed a live parachute jump into the Olympic Stadium. Sutton was the tuxedo-clad Bond, while his friend Gary Connery wore a pink dress and wig to play the Queen. THE ASSOCIATED PRESS

Fatal plunge. Woman dies after car crashes into condo swimming pool

Police say a Randolph, Mass., woman has died after crashing her car through a fence into a condo swimming pool.

The accident at Castle Village Estates on Highland Glen Road happened about 12:30 p.m. Wednesday.

Police Chief William Pace tells The Boston Globe a bystander and a police officer removed the 58-year-old woman from the water. She was given CPR and taken to a hospital.

Vito Martello of West Newbury, a visitor, tells The Patriot Ledger he was sitting poolside when the car "came barreling in." Martello said he tried to rescue her through an open driver's side window, but was blocked by the deployed airbag. He said he pulled her out on the passenger side as help arrived.

Neighbours said the woman was a longtime resident who recently sold her condo and planned to move to Florida.

THE ASSOCIATED PRESS

Police check the scene after a woman's SUV plunged through a fence and landed in the swimming pool at the Castle Village Estates condominiums in Randolph, Mass., Wednesday. She was pronounced dead at the scene.

MARC VASCONCELLOS, THE ENTERPRISE/THE ASSOCIATED PRESS

Hawaii

Woman loses arm in suspected shark attack

A 20-year-old German tourist lost her arm in a suspected shark attack off Hawaii Wednesday.

"She screamed and called for help," said Maui Fire Services Chief Lee Mainaga.

The arm was not found, Mainaga said.

Maui County emergency responders said the woman's right arm was severed below her shoulder as she snorkeled about 50 metres off shore.

The woman was helped to shore by two friends and a kayaker. She was unconscious and was rushed to a hospital. The woman's friends did not see the attack, and choppy water limited visibility.

The attack was the eighth in Hawaii this year, according to state data. Last year saw 11 attacks, far above the annual average of 4.75. Hawaii has not seen a fatal shark attack since 2004. THE ASSOCIATED PRESS

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Syrian Electronic Army

Washington Post site hacked

The Washington Post says that its website was hacked Thursday morning. A group that supports Syrian President Bashar Assad's regime claimed responsibility. The paper's managing editor said in a statement that for about 30 minutes, readers of some Post stories were redirected to the website of the Syrian Electronic Army. THE ASSOCIATED PRESS

Real estate

Vancouver, T.O. boast strong resales

Homes sold at a brisk pace in Vancouver and Toronto last month, while the national average price continued to rise, suggesting Canada's real estate industry has returned to "average levels" after a decline that began last summer. A Canadian Real Estate Association report showed July resales edging up 0.2 per cent from June. THE CANADIAN PRESS

Market Minute

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Is imitation also the most profitable form of flattery? The two finalists in Tim Hortons' Duelling Donuts contest owe their inspiration to already famous treats — namely, a certain sandwich cookie and a slow-poke chocolate candy. Cast your vote for the Oreo Borealis or the Tortoise Torte until Sunday at timhortons.com. SCREENGRAB/TIMHORTONS.COM

Which one is the $10K doughnut?

Flavour faceoff.
Tim Hortons contest whittled down from 63,000 entries to two

After weeks of voting and much pondering by a panel of judges, Tim Hortons' Duelling Donuts contest has come down to the final face-off.

The Oreo Borealis — a reinvention of the classic Nabisco cookie — will take on the Tortoise Torte, a chocolate-caramel-pecan confection, for the $10,000 grand prize. A Tim Hortons spokesperson also said it was "expected" that the winner would have their doughnut recreated in stores nationwide.

The Oreo Borealis is the creation of Jason Flannery, from London, Ont.; the Tortoise Torte was dreamed up by Toronto's Andrew Shepherd.

Canadians submitted some 63,000 entries, which were whittled down to eight doughnuts in July with the help of a panel of judges that included Beverly Hills, 90210 actor Jason Priestley.

The contest was dreamed up after Priestley appeared in an episode of the sitcom How I Met Your Mother last February, which riffed on the idea that Canadians were defined by their double-doubles and Dutchies. In a fake documentary, the Los Angeles-based actor claimed he had invented the Priestley, a strawberry-vanilla doughnut with a chocolate Timbit nestled inside.

Tim Hortons then created a batch of the fictional pastry, and asked Canadians to bring their own doughnut dreams to life from any combination of ingredients in their pantries.

Among the finalists eliminated over the last few weeks of online voting are the melty-marshmallow S'more Of It, the banana-cream Monkey C-Donut, Monkey Do-Nut and the luxe remake of a classic, Don't Touchie My Dutchie.

Voting for the finals will end Sunday, with the winner to be announced Monday.
THE CANADIAN PRESS

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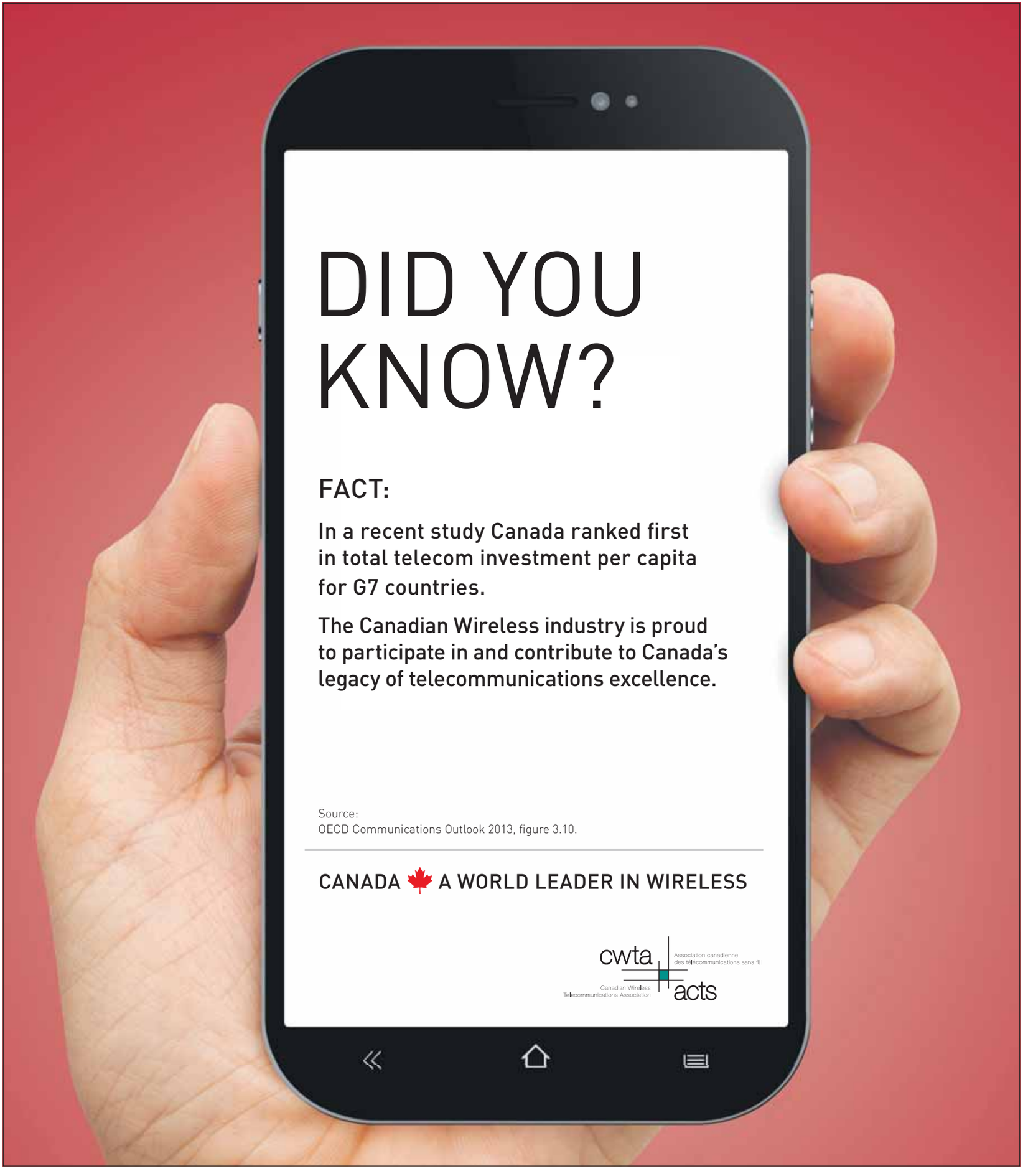
DID YOU KNOW?
FACT:
In a recent study Canada ranked first in total telecom investment per capita for G7 countries.
The Canadian Wireless industry is proud to participate in and contribute to Canada's legacy of telecommunications excellence.
Source:
OECD Communications Outlook 2013, figure 3.10.
CANADA A WORLD LEADER IN WIRELESS
cwta
Canadian Wireless Telecommunications Association
Association canadienne des télécommunications sans fil
acts

SOCIAL MEDIA IS SO DOPE

THE METRO LIST

Neil Morton
metronews.ca

1 Ashton Kutcher. Channelling Steve Jobs, whom he plays in the new biographical drama Jobs, Kutcher gave a rousing speech at the Teen Choice Awards. "Build a life. Don't live one!" he said, adding, "The sexiest thing in the entire world is being really smart. And being thoughtful and generous." Indeed.

2 Shaq holding LiLo. The post-rehab Lindsay Lohan tweeted out a picture of Shaquille O'Neal holding her in his arms. The photo was well circulated on social media because a) it's Shaq, b) it's LiLo and c) we all love redemption stories. Or maybe it's because d) she's holding two cellphones.

3 Rich Kids Of Beverly Hills. A reality show loosely based on the Tumblr blog Rich Kids of Instagram about the young and beautiful with yacht-loads of dough will be launching on E! It's called Rich Kids of Beverly Hills. If things don't work out in the ratings, I suggest Middle-Aged Dads Of Toronto. We're fun, humble, self-deprecating dudes. Minus the billions to spend.

4 Clive Thompson. The New York-based Canadian writer's new book, Smarter Than You Think: How Technology is Changing Our Minds for the Better, is out early September. It explores extraordinary people who augment their minds in inventive ways, and how our digital tools are giving us new ways to learn and share ideas. I will live tweet, Facebook, Instagram and Tumblr it while I read it.

5 Hyperloop. The Internet was abuzz this week as entrepreneur/inventor Elon Musk released alpha design plans for his Hyperloop, a high-speed transportation system that will move people in aluminum pods going up to 1,126 km/h. Boats, planes, automobiles, trains and Segways — those are so 2012.

6 Facebook old school? Mashable posted an op-ed piece by a 13-year-old announcing that teens are turning to the likes of Instagram, Vine and Snapchat for their social networks. FB, it seems, is intrusive and full of snooping parents and grandparents. My teen daughter recently left it, too. The day I start snapchatting her is the day she leaves that, too.

7 Weiner, deflated. BuzzFeed did a live interview with New York mayoral candidate Anthony "Carlos Danger" Weiner, who, instead of doing damage control amid his latest sexting scandal, bombed, coming across as an awkward, defensive, self-righteous knob with no sense of humour — or a good answer to the question: "Why didn't you use Snapchat?"

8 Gameboy back. A new modern phenomenon, "Gameboy back," has emerged of young gamers suffering from back problems more commonly seen in adults. Seems the effects of bad posture from hunching over game consoles and tablets has lead to a rise in spine curvature. Kids: Stand up, go outside and play. There's a whole other world to discover.

9 Ron Burgundy memoir. The fictional character played by Will Ferrell in the 2004 hit comedy Anchorman will publish a fake memoir titled Let Me Off At The Top!: My Classy Life and Other Musings, on Nov. 19. What a brilliant promo idea leading up to the film sequel Anchorman 2: The Legend Continues, coming out Dec. 20.

10 Man tweets he needs pot. Toronto man Sunith Baheerathan tweeted out he needed weed and York Regional Police chimed in with this gem of a reply: "Awesome! Can we come too? MT @Sunith_DB8R Any dealers in Vaughan wanna make a 20sac chop? Come to Keele/Langstaff Mr. Lube, need a spliff." We're not sure if he got his weed, but he's no longer at Mr. Lube.

Follow The Metro List on Twitter @TheMetroList

ZOOM

Meet the world's newest critter

MARK GURNEY/THE ASSOCIATED PRESS

New species in South America

Imagine a mini-raccoon with a teddy-bear face that is so cute it's hard to resist, let alone overlook. But somehow science did — until now.

Researchers announced Thursday a rare discovery of a new species of mammal called the olinguito. The reddish-brown animal is about two feet long with a long tail and weighs about two pounds.

It belongs to a grouping of large creatures that includes dogs, cats and bears.

The critter leaps through the trees of mountainous forests in Ecuador and Colombia at night, according to a Smithsonian researcher who has spent the past decade tracking them.

Outside experts said this discovery is not merely renaming something, but a genuine new species — with three new subspecies — and a significant find, the type that hasn't happened in about 35 years.

THE ASSOCIATED PRESS

Olingos vs. olinguitos

- Olinguitos are smaller, have shorter tails, a rounder face, tinier ears and darker, bushier fur.
- Olinguitos are the smallest member of the raccoon family of mammals.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Aside from campus stations and an adventurous few on the FM dial, radio tends not to be the ideal place to find new music. So nuts to radio! Allow these Canadian music blogs to guide you toward goodness instead.

ISTOCK

Silent Shout

A particular penchant for spooky electronic music ensures daily visits are richly rewarded. You'll definitely come across some weird and bracing stuff here, but there's plenty of pop sugar to wash it down with. (silentshout.ca)

Grayowl Point

Devoted to Canada's burgeoning crop of indie acts, Grayowl Point is one of your best sources for an early tip on a rising act playing some small room in your city. (grayowlpoint.com)

Weird Canada

Even if the good people at WC stuck to covering hit radio, the descriptions are so beautifully written I'd swing by anyway. But of course hit radio isn't Weird Canada's bag. Instead they delve deep into new Canadian music while also digging up gems from the past. (weirdcanada.com)

Twitter

@metropicks asked: A 'ninja' is prowling a U.S. city trying to catch bad guys. What would you do if you saw a ninja?

@Simpson957: That's ridiculous. If you can see the ninja, it's not really a ninja.

@FrenchmanCanada: I would look for the other 2

@WilsonKM2: Nothing. If you can see a ninja, it's already too late for you.

@Bye_Dogma: I'd wonder how Halloween snuck up on my calendar so fast.

@xKnoxxx: If you see a Ninja you won't live to tell about it. Your question is null and void.

@thingleaderof5: umm I'd BEHAVE... And duck... Just in case.

@Jake_Alberts: you don't see real ninjas. Obviously a fake. I would probably laugh at him/her

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

metro

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Synopsis

"You hear nothing. You see nothing. You only serve." Those are the words of advice given to former plantation worker Cecil Gaines (Forest Whitaker), on his first day as a butler at the White House. For the next three decades he was a witness to history, serving eight presidents during the stormiest days of America's history. Gaines turns away, but his son Louis (David Oyelowo) becomes involved with the Freedom Riders and later with the Black Panthers. Father and son don't see eye-to-eye despite mother Gloria's (Oprah Winfrey) best efforts to unite them. Steve Gow takes over for Reel Guy Mark Breslin.

- Richard: ●●●●○
- Mark: ●●●●○

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Forest Whitaker gives a stirring performance as the man behind the men in The Butler. CONTRIBUTED

The Butler did it, with his son, in the White House

Movie review.
Forest Whitaker's performance, coupled with David Oyelowo's work, keep historical drama from slipping into melodrama

Richard: Steve, at the centre of The Butler is Forest Whitaker's remarkable performance, which skillfully tempers the film's tendency to veer into melodrama. He's a dignified presence throughout, in a quiet performance that allows the character's inner life to shine through. It's all about the details. The way he strokes the tie Jackie Kennedy gave him after JFK's assassination. The pained looked in his eye as he kicks his son out of the White House. They are small moments that cut through the movie's sweeping story, keeping the whole thing grounded.

Steve: It's a nuanced performance that definitely helps counterbalance what could've become a melodramatic civil rights morality tale. Not only that, but it's powerful because Whitaker and director Lee Daniels allow us to see racism as an institutionalized issue whereas most films on the topic simply personalize it. As strong as the huge ensemble cast is though, there are a few distracting duds. Besides sporting a waxy Pinocchio-like proboscis, was John Cusack even trying to portray Richard Nixon?

RC: It's almost as if Cusack is doing an impression of someone doing an impression of Nixon. Perhaps they should have pulled Rich Little out of retirement to do the role. Nonetheless, Cusack does capture some of Tricky Dick's oily desperation, but it is a surreal performance overall. The casting of the other presidents — Robin Williams as Eisenhower, James Marsden as JFK, Liev Schreiber as Johnson, and Alan Rickman as Reagan — feels stunty, but director Lee Daniels realizes the story isn't theirs to tell and wisely keeps the focus on Gaines and family to tell this story. I thought David Oyelowo was terrific. You?

SG: I thought Oyelowo pretty much stole the show — not easy considering he's opposite the likes of Whitaker and Oprah and plays the range of a butler's disgruntled teenaged son-turned civil rights radical to middle-aged Obama supporter. More to the point, Daniels' may be most successful exploring the strained relationship between him and his straitlaced father.

RC: Their strained relationship was pushed to the limit by the tone of the times. The overall timeline will be familiar to anyone who's ever watched the History Channel, but The Butler recounts the turbulent times through one man's deeply divided family, bringing the story home with simple, first person storytelling.

SG: To that end, Daniels surely deserves some recognition. After all, it's probably impossible to effectively wedge the civil rights issue into a two hour movie. At least The Butler allows for a fascinating perspective.

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Comedy

In a World

Director. Lake Bell

Stars. Lake Bell, Rob Corddry

In a world where men rule the voice-over, Carol Solomon is determined to become a movie trailer star. Unfortunately, her dad is the reigning king of voice-overs and doesn't believe a woman could succeed him. Writer/director/star Lake Bell is magnetic in this smart, sincere comedy. Her feature film debut is chock full of characters that, though sometimes superfluous to the storyline, immediately capture your interest and affection.

REGAN REID

Thriller

The Terror, Live

Director. Kim Byung-woo

Stars. Jung-woo Ha

Hollywood spends millions in ham-fisted attempts to excoriate the government, the media and Wall Street. But this low-budget Korean film finds the sweet spot between allegory and gripping entertainment. A disgraced TV anchor thinks he has a ticket back to the big time when a domestic terrorist calls into his radio show just before blowing up a bridge. But as this second feature from Kim Byung-woo shows that the lines between good and bad are never black and white. Part Talk Radio and part Speed, Kim knows how to build tension on a budget.

IAN GORMELY

Biography/Drama

Jobs

Director. Joshua Michael Stern

Stars. Ashton Kutcher, Dermot Mulroney

Jobs takes us from Steve Jobs' (Ashton Kutcher) Paulo Alto, Calif., days where he and his friends redefined the way people interact with technology, through to his rise and fall as Apple's CEO and on to his eventual redemption. Serving as a reminder of how rare it is to find an extraordinary film about an extraordinary person, the movie isn't innovative or bold enough to be memorable. Perhaps it's because it's hard to take Kutcher seriously in the role of a visionary, but Jobs feels better suited to TV than the big screen.

RICHARD CROUSE

Thriller

Paranoia

Director. Robert Luketic

Stars. Liam Hemsworth, Gary Oldman, Amber Heard

A thriller with precious few thrills, Paranoia promises edge-of-your-seat espionage drama, but flatlines from the start. Liam Hemsworth does the best he can with a stale script, and the Gary Oldman/Harrison Ford duo manage to occasionally defibrillate some life into the film with their verbal swordplay — but there's just not enough of it. The story is about as believable as a pro wrestling match, and with no real surprise twists or turns, the first time watching Paranoia feels like the 50th.

COLIN MCNEIL

Action/Comedy

Kick-Ass 2

Director. Jeff Wadlow

Stars. Aaron Taylor-Johnson, Chloe Grace-Moretz, Jim Carrey

Kick-Ass wants to take a bigger bite out of crime, while his would-be partner, 15-year-old Hit-Girl, just wants to be a teenager. It's that second part where this sequel finds its legs, pitting Mindy, Hit-Girl's alter-ego, against a group of high school mean girls. Meanwhile Kick-Ass befriends a team of amateur heroes led by a brilliantly unhinged Jim Carrey. But the real conflict comes from a group of super villains who have set their sights on Kick-Ass. The resulting build to the climatic final battle is the movie's lone rough patch.

IAN GORMELY

Drama

The Spectacular Now

Director. James Ponsoldt

Stars. Miles Teller, Shailene Woodley

The Spectacular Now may be this generation's The Breakfast Club. Its by no means as funny (nor does it intend to be) but similar themes (and even the tidy use of personal essay as epilogue) are definitely present. In the film, a charming teen reluctantly falls for his rebound girlfriend even as he battles burgeoning alcoholism and a fuzzy future. Deftly directed by James Ponsoldt (Smashed), few films deal with teenage drama with such skilled tenderness.

STEVE GOW

A movie about jobs?
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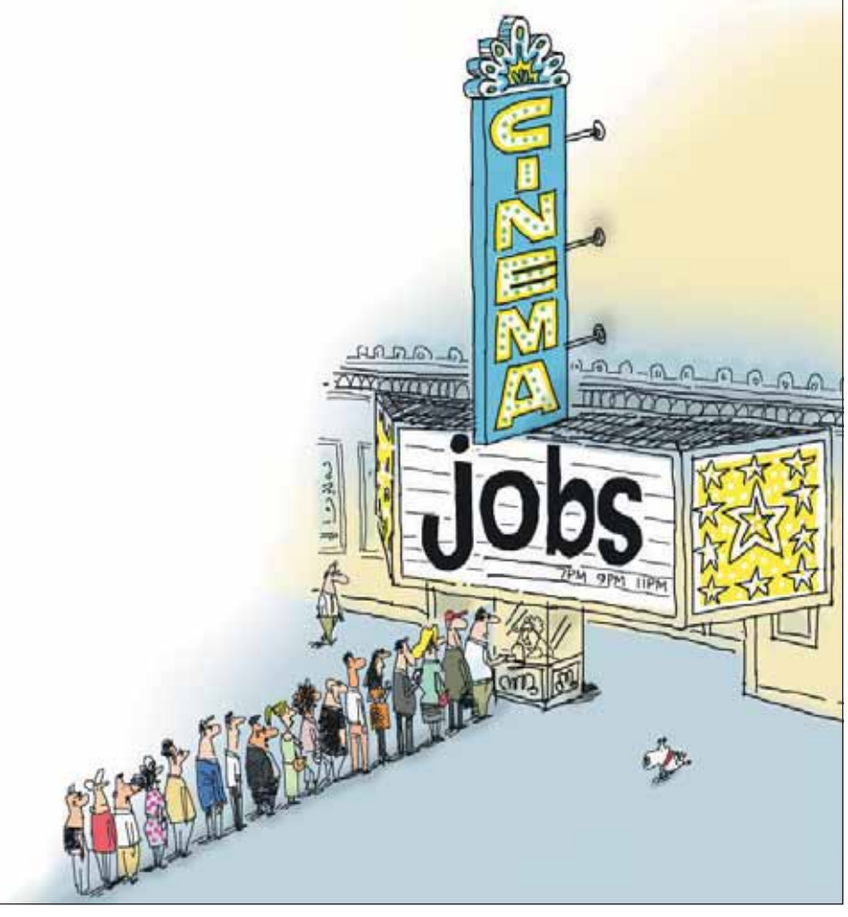
WORKOPOLIS

"Number one job site" based on six-month average online job postings for period ending July 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



The World's End opens next Friday. CONTRIBUTED

Simon Pegg loves to be that annoying guy

The World's End.
Actor wanted his character to be 'maddening'

NED EHRBAR
Metro World News in Hollywood

For the finale in director Edgar Wright's Cornetto Trilogy — following Shaun of the Dead and Hot Fuzz — actor and co-writer Simon Pegg wanted to play something other than the nice guy. Enter the loudmouthed, stuck-in-the-past Gary King (Pegg), who reunites his reluctant high school chums for a night of binge-drinking and nostalgia in The World's End. While Gary is very much the hero of the film, he's not exactly likeable, and that's entirely by design, according to Pegg.

"Selfishly, I wanted to be the overtly comic one in this," Pegg says. "And I wanted to make Gary as maddening and irritating and difficult to like as possible because I knew ultimately there was an excuse for it. And also, it's just a lot of fun to be such a d—. As an actor, it's a gift."

Gary was very much the top dog in high school, leading around his pals (played as adults by Nick Frost, Martin Freeman, Paddy Considine and Eddie Marsan) with little regard for how his future might play out. "I knew guys like that who were the absolute most popular boy. They were the best looking, they were in a band, they were the lead singer of that band, they got all the girls and then they never quite moved on past that," Pegg says. "That glory was so intense that anything that came subsequently was unfulfilling and that ate away at them so that they started to live in the past and then eventually just became shadows of who they were in every way, all their potential all lost. And it's really sad. I wanted Gary to be at once maddening and lovable and d—ish."

Comics = control?

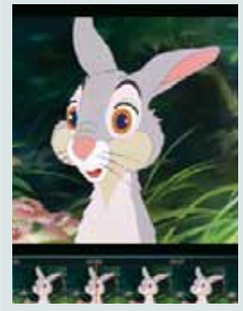
A self-proclaimed geek and long-time comics fan, Simon Pegg feels right at home at San Diego Comic-Con, where he and Edgar Wright brought The World's End for an early North American unveiling. But given how much Comic-Con and the popular culture it celebrates have come to dominate the entertainment industry, Pegg has to admit he's a bit worried. "I read an essay on America by Jean Baudrillard when I was at university and it was all about the infantilization of society and about how we are kept young by being fed ... arguably juvenile stuff," he says. "It keeps us young because it keeps us in touch with our childhood, makes us more pliable, makes us a bit easier to control."

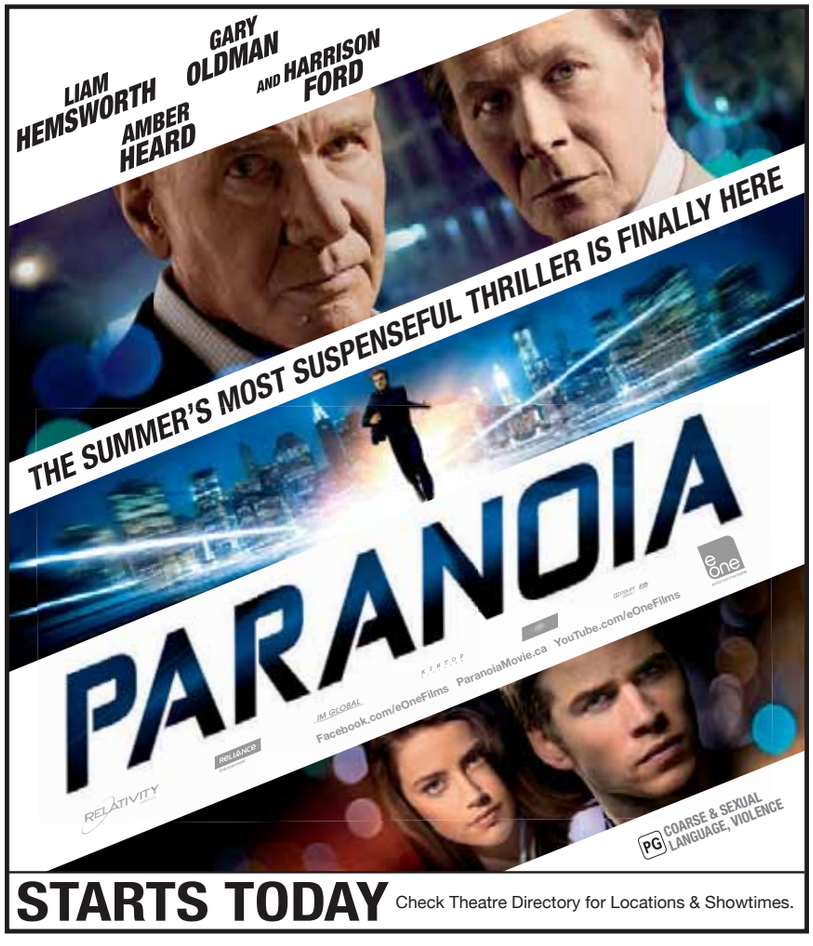
Fun for film buffs

Disney Animated iPad

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

$13.99
Both animated characters and physical objects are magically brought to life in this interactive encyclopedia that travels a timeline of Disney's films while giving you tools to learn their craft.

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AMBER HEARD
GARY OLDMAN
AND HARRISON FORD
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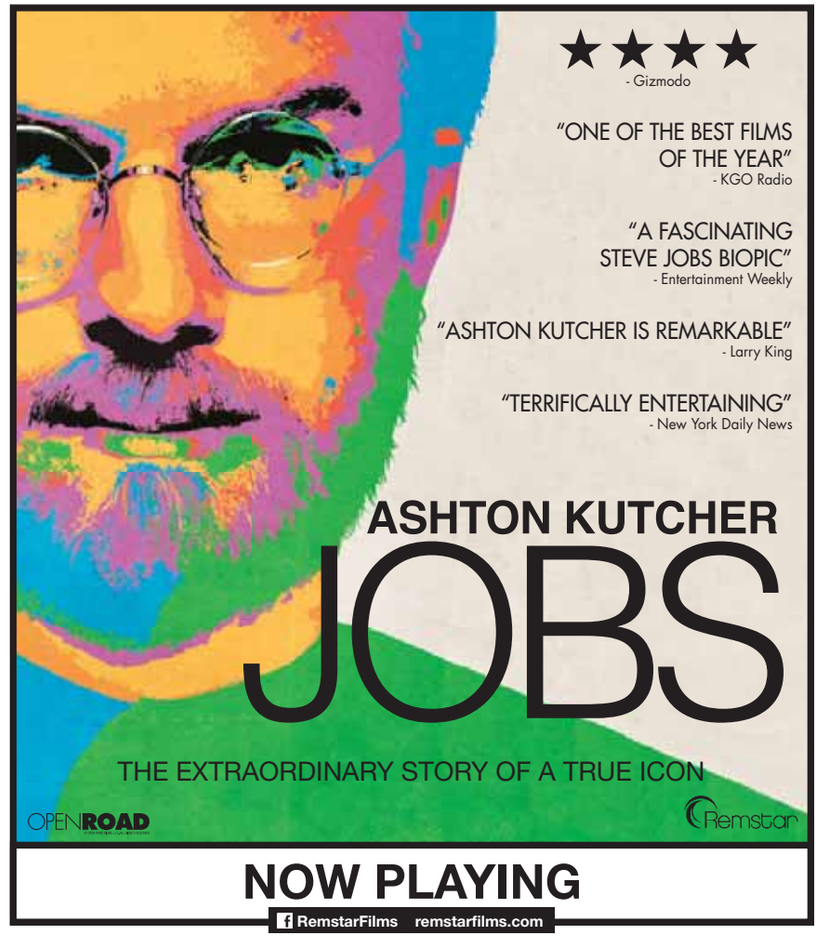


THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 16 TO THURS., AUG. 22 TIMES ARE SUBJECT TO CHANGE.

Dunbar Theatre
4555 Dunbar Street

We're the Millers (14A) Fri-Thu 4-7-9:30 30

Fifth Avenue Cinemas
2110 Burrard Street

20 Feet From Stardom (PG) Fri-Wed 1:50-4-6:50-9:10 Thu 1:50-4-9:10
The Attack (PG) Fri-Thu 2:15-4:30-7:10-9:40
Fruitvale Station (14A) Fri-Thu 2-7:20
In a World... (PG) Fri-Wed 2:20-4:45-7-9:35 Thu 2:20-4:45-7-9:45
The Spectacular Now (14A) Fri-Thu 1:30-4:20-6:40-9:25
The Way Way Back (PG) Fri-Thu 4:15-9:45

Pacific Cinémathèque
1131 Howe Street

The Bellboy (STC) Wed 6:30 Thu 8:15
The Big Combo (STC) Fri 6:30
Desert Fury (STC) Sat 8:40 Sun 6:30
E.T. (G) Sun 1
No Films Showing Today (STC) Tue
Stardust Memories (STC) Wed 8 Thu 6:30
A Touch of Evil (STC) Fri 8:15 Sat 6:30 Sun 8:25 Mon 6:30

Park Theatre
3440 Cambie Street

Blue Jasmine (PG) Fri-Sat 2:10-4:30-6:50-9:10 Sun 2:10-4:30-6:45-9 Mon 4:30-6:45-9 Tue 2:10-4:30-6:45-9 Wed-Thu 4:30-6:45-9

Rio on Broadway
1660 E. Broadway

The 25th Vancouver Queer Film Festival (STC) Thu 6:30-9:30
A Band Called Death (PG) Sun-Tue 9:30
Blackfish (PG) Sun-Tue 7:30
The Dark Crystal (G) Fri 11
The Dead on Film 4th Annual Horror Competition (STC) Fri 8
No Films Showing Today (STC) Sat Wed

Scotiabank Theatre
Vancouver 900 Burrard St.

2 Guns (14A) Fri-Sun 12-2:35-5:15-7:50-10:30 Mon 1:30-4:15-7-9:45 Tue 12-2:35-5:15-7:50-10:30 Wed 1:30-4:15-9:45 Thu 1:30-4:15-7-9:45
Elysium (14A) Fri-Sun 2-4:40-7:20-10 Mon 1:20-4-6:50-9:35 Tue 2-4:40-7:20-10 Wed-Thu 1:20-4-6:50-9:35 Fri-Sun 12:05-2:40-5:35-8:15-10:50 Mon 2-4:45-7:30-10:20 Tue 12:05-2:40-5:35-8:15-10:50 Wed-Thu 2-4:45-7:30-10:20
Kick-Ass 2 (14A) No Passes Fri-Sun 12:15-1:50-2:50-4:30-5:25-7:10-8-9:50-10:35 No Passes Mon 1:50-2:35-4:30-5:10-7:10-7:50-9:50-10:30 No Passes Tue 12:15-1:50-2:50-4:30-5:25-7:10-8-9:50-10:35 No Passes Wed-Thu 1:50-2:35-4:30-5:10-7:10-7:50-9:50-10:30
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1:25-4:25-7:25-10:25
National Theatre Live: The Audience Encore (STC) Thu 7
Pacific Rim (PG) Fri-Sun 4:15 Mon 4:20 Tue 4:15 Wed-Thu 4:20
Pacific Rim 3D (PG) Fri-Sun 1:15-7:15-10:15 Mon 1:15-7:20-10:20 Tue 1:15-7:15-10:15 Wed 1:15-7:20 Thu 1:15-10:20
Serenity (14A) Wed 9:30
This Is the End (18A) Fri-Sun 12:30-3-5:30-8:05-10:45 Mon 2:05-4:40-7:20-10:10 Tue 12:30-3-5:30-8:05-10:45
We're the Millers (14A) Fri-Tue 2:10-4:50-7:40-10:25 Wed 1:30-4:15-7-10:20 Thu 2:10-4:50-7:40-10:25
The Wolverine (14A) Fri-Sun 1:20 Mon 1:15 Tue 1:20 Wed-Thu 1:15
The Wolverine 3D (14A) Fri-Sun 4:20-7:30-10:40 Mon 4:10-7:15-10:15 Tue 4:20-7:30-10:40 Wed-Thu 4:10-7:15-10:15

Vancity Theatre
Vancouver International Film Centre
1181 Seymour Street

Blackfish (PG) Fri 6:45 Sat-Sun 4:50-6:45
Hannah Arendt (PG) Fri-Sun 8:40

Esplanade 6
200 West Esplanade

2 Guns (14A) Fri-Thu 6:35-9:40
Elysium (14A) No Passes Fri-Sun 12:45-3:40-6:40-9:50 No Passes Mon-Thu 3:40-6:40-9:50
Lee Daniels' The Butler (PG) Fri-Sun 1-3:50-7-9:45 Mon-Thu 3:50-7-9:45
Paranoia (PG) Fri-Sun 12:50-3:45-6:45-10 Mon-Thu 3:45-6:45-10
Planes (G) No Passes Fri-Sun 12:55-6:50 No Passes Mon-Thu 6:50
Planes 3D (G) No Passes Fri-Thu 3:20-9:35
Turbo (G) Fri-Sun 12:30-3:10 Mon-Thu 3:10
We're the Millers (14A) No Passes Fri-Sun 12:40-3:30-6:30-9:30 No Passes Mon-Thu 3:30-6:30-9:30

Park & Tilford
333 Brooksbank Ave.

Despicable Me 2 (G) Fri-Wed 2:10-4:30-6:55-9:30 Thu 2:10-4:30-10:20
Jobs (PG) Fri-Wed 1-4-7-10 Thu 4-7-10
Star & Strollers Screening Thu 1
Kick-Ass 2 (14A) No Passes Fri-Thu 2:20-4:55-7:30-10:05
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1:15-4:15-7:15-10:15
National Theatre Live: The Audience Encore (STC) Thu 7
Percy Jackson: Sea of Monsters (PG) Fri-Thu 2:05
Percy Jackson: Sea of Monsters 3D (PG) Fri-Thu 4:40-7:20-9:50
The Smurfs 2 (G) Fri-Thu 2:35
The Smurfs 2 3D (G) Fri-Thu 5-7:25-9:55
The Wolverine 3D (14A) Fri-Tue 1:25-4:20-7:15-10:10

SilverCity Riverport
14211 Entertainment Way

2 Guns (14A) Fri-Sun 5:35-8:10-10:50 Mon 4:05-6:55-9:40 Tue 5:35-8:10-10:50 Wed-Thu 4:05-6:55-9:40
Chennai Express (PG) Fri-Thu 1-4:25-7:50
The Conjuring (14A) Fri-Sun 4:55-7:40-10:40 Mon 4:40-7:35-10:25 Tue 4:55-7:40-10:40 Wed 4:40-7:35 Thu 4:40-7:35-10:25
Despicable Me 2 (G) Fri 12:05 Sat 11-12:05 Sun 12 Mon 1:45 Tue 12:05 Wed-Thu 1:45
Despicable Me 2 3D (G) Fri 2:45-5:15-7:50-10:20 Sat 11:30-2:45-5:15-7:50-10:20 Sun 2:25-5:15-7:50-9:30 Mon 4:10-6:50-9:25 Tue 2:45-5:15-7:50-10:20 Wed-Thu 4:10-6:50-9:25
Elysium (14A) Fri-Sun 12-2:40-5:20-8-10:45 Mon 1:30-4:30-7:30-10:30 Tue 12-2:40-5:20-8-10:45 Wed-Thu 1:30-4:30-7:30-10:30
Elysium: The IMAX Experience (14A) Fri-Sun 12:40-3:30-7:10-10:10 Mon 1-4-7-10 Tue 12:40-3:30-7:10-10:10
Grown Ups 2 (PG) Fri-Sun 12:35-3 Mon 1:40 Tue 12:35-3 Wed-Thu 1:40
Jobs (PG) Fri-Sun 1:30-4:30-7:30-10:30 Mon 1:10-4:10-7:10-10:10 Tue 1:30-4:30-7:30-10:30 Wed 1:10-4:10-7:10-10:10 Thu 4:10-7:10-10:10 Star & Strollers Screening Thu 1
Kick-Ass 2 (14A) No Passes Fri-Sun 12:15-2:05-2:50-4:40-5:25-7:15-8-9:50-10:35 No Passes Mon 12:15-1:50-2:50-4:30-5:25-7:15-8-9:50-10:35 No Passes Tue 12:15-2:05-2:50-4:40-5:25-7:15-8-9:50-10:35 No Passes Wed-Thu 1:50-2:20-4:30-5-7:15-7:45-9:50-10:20
Lee Daniels' The Butler (PG) Fri-Thu 1:15-4:15-7:15-10:15
Monsters University (G) Fri 12:05-2:40-5:20 Sat 11-12:05-2:40-5:20 Sun 12:05-2:40-5:20 Mon 1:35-4:15 Tue 12:05-2:40-5:20
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1-4-7-10
The Mortal Instruments: City of Bones — The IMAX Experience (PG) No Passes Wed-Thu 1:45-4:45-7:45-10:45
Pacific Rim (PG) Fri-Sat 4:35 Mon 4 Tue 4:35 Wed-Thu 4
Pacific Rim 3D (PG) Fri-Sat 1:25-7:35-10:40 Sun 1:25-10:40 Mon 1:05-7-10:05 Tue 1:25-7:35-10:40 Wed-Thu 1:05-7-10:05
Paranoia (PG) Fri-Sun 12-2:35-5:10-7:45-10:20 Mon 1:30-4:05-7:05-10:20 Tue 12-2:35-5:10-7:45-10:20 Wed 1:30-4:05-6:40-10:20 Thu 2:35-5:10-7:45-10:20
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55 Mon 2 Tue 11:55 Wed-Thu 2
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:30-5:10-7:45-10:25 Mon 4:35-7:10-10 Tue 2:30-5:10-7:45-10:25 Wed-Thu 4:35-7:10-10
Planes (G) Fri 12:10-2:35 Sat 11:10-12:10-2:35 Sun 12:10-2:35 Mon 2:15-4:50 Tue 12:10-2:35 Wed-Thu 2:15-4:50
Planes 3D (G) Fri-Sun 5:05-7:30-9:50 Mon 7:20-9:45 Tue 5:05-7:30-9:50 Wed-Thu 7:20-9:45
Red 2 (PG) Fri-Sun 8:05-10:45 Mon 9:40 Tue 8:05-10:45
Serenity (14A) Wed 9:30
The Smurfs 2 (G) Fri 12:20-2:55-5:30 Sat 11:25-12:20-2:55-5:30 Sun 12:20-2:55-5:30 Mon 1:40-4:15 Tue 12:20-2:55-5:30 Wed-Thu 1:40-4:15
The Smurfs 2 3D (G) Fri-Sun 8:05-10:35 Mon 7:05-9:35 Tue 8:05-10:35 Wed 7:05-9:35 Thu 7:05
Some Like It Hot (PG) Mon 7
The Spiderwick Chronicles (PG) Sat 11
Tiny Times 2 (G) Fri-Thu 1:35-4:25-7:20-10:10
Turbo (G) Fri-Sun 11:55-2:30 Mon 2:10 Tue 11:55-2:30 Wed-Thu 2:10
We're the Millers (14A) Fri-Thu 2-4:45-7:25-10:15
The Wolverine (14A) Fri-Sun 2 Mon 1:20 Tue 2 Wed-Thu 1:20
The Wolverine 3D (14A) Fri-Sun 5-7:55-10:50 Mon 4:20-7:25-10:25 Tue 5-7:55-10:50 Wed-Thu 4:20-7:25-10:25
WWE: Summerslam - 2013 (STC) Sun 5
You're Next (STC) Thu 10

Dolphin Cinemas
4555 E. Hastings St.

Kick-Ass 2 (14A) Fri-Thu 12:30-2:40-4:50-7-9:10
Planes (G) Fri-Thu 12:40-2:40-4:40-6:45-8:55

SilverCity Metropolis
4700 Kingsway Ave.

2 Guns (14A) Fri-Sat 3-5:30-8:05-10:40 Sun 2:30-5-7:35-10:10 Mon 2:55-5:25-7:55-10:25 Tue 3-5:30-8:05-10:40
Despicable Me 2 (G) Fri-Sat 12:10 Sun 12:30 Mon 2 Tue 12:10 Wed-Thu 2
Despicable Me 2 3D (G) Fri-Sat 2:40-5:15-7:40-10:05 Sun 2:55-5:20-7:45-10:05 Mon 4:35-7-9:25 Tue 2:40-5:15-7:40-10:05 Wed-Thu 4:35-6:55-9:25
Elysium (14A) Fri-Sat 12:20-2:55-5:35-8:10-10:45 Sun 11:50-2:25-5:05-7:40-10:15 Mon 2:25-5:05-7:40-10:15 Tue 12:20-2:55-5:35-8:10-10:45 Wed-Thu 2:25-5:05-7:40-10:15
Kick-Ass 2 (14A) No Passes Fri-Sat 12:15-2:50-5:25-8-10:35 No Passes Sun 11:45-2:20-4:55-7:30-10:05 No Passes Mon 12:30-3-5:30-8-10:30 No Passes Tue 12:15-2:50-5:25-8-10:35 No Passes Wed-Thu 2:35-5:10-7:45-10:25
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1:45-4:40-7:35-10:30
Pacific Rim (PG) Fri-Sat 4:20 Sun 3:50 Mon 3:55 Tue 4:20 Wed-Thu 4:05
Pacific Rim 3D (PG) Fri-Sat 1:15-7:25-10:20 Sun 12:45-9:50 Mon 12:55-6:55-9:50 Tue 1:15-7:25-10:20 Wed-Thu 1:05-7-9:55
Paranoia (PG) Fri-Sat 12:05-2:35-5:20-7:50-10:25 Sun 11:35-2:05-7:20-9:55 Mon 2:15-4:55-7:30-10:10 Tue 12:05-2:35-5:20-7:50-10:25 Wed-Thu 2:15-4:55-7:30-10:10
Percy Jackson: Sea of Monsters (PG) Fri-Sat 12 Sun 11:30 Mon 1:45 Tue 12 Wed-Thu 1:45
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sat 2:30-5:05-7:45-10:15 Sun 2-4:35-7:15-9:45 Mon 4:25-7:10-9:40 Tue 2:30-5:05-7:45-10:15 Wed-Thu 4:25-7:10-9:40
Planes (G) Fri-Sat 12:25-2:45 Sun 11:55-2:15 Mon 12:35-2:50 Tue 12:25-2:45 Wed-Thu 1-3:15
Planes 3D (G) Fri-Sat 5:10-7:30-9:50 Sun 4:40-7-9:20 Mon 5:15-7:35-9:55 Tue 5:10-7:30-9:50 Wed-Thu 5:30-7:50-10:20
The Smurfs 2 (G) Fri 12:30 Sat 11 Sun 12 Mon-Tue 12:30
The Spiderwick Chronicles (PG) Sat 11
We're the Millers (14A) Fri 2:10-4:50-7:35-10:30 Sat 11:30-2:10-4:50-7:35-10:30 Sun 1:40-4:20-7:05-10 Mon 1:40-4:30-7:15-10 Tue 2:10-4:50-7:35-10:30 Wed-Thu 1:40-4:30-7:15-10
The Wolverine (14A) Fri 1:20 Sat 1:25 Sun 12:50 Mon 12:45 Tue 1:20 Wed-Thu 1:10
The Wolverine 3D (14A) Fri-Sat 4:15-7:10-10:10 Sun 3:45-6:40-9:40 Mon 3:50-6:45-9:45 Tue 4:15-7:10-10:10 Wed-Thu 4:10-7:05-10:05
WWE: Summerslam - 2013 (STC) Sun 5

SilverCity Coquitlam
170 Schoolhouse Street

2 Guns (14A) Fri-Thu 2:10-4:50-7:55-10:40
The Conjuring (14A) Fri-Sat 4:25-9:50 Sun 9 Mon-Thu 4:25-9:50
Despicable Me 2 (G) Fri-Sun 12:05-2:30 Mon 2:20 Tue 12:05-2:30 Wed-Thu 2:20
Despicable Me 2 3D (G) Fri-Sun 5:05-7:40-10:10 Mon 4:55-7:30-10 Tue 5:05-7:40-10:10 Wed-Thu 4:55-7:30-10
Elysium (14A) Fri-Sun 12:10-2:50-5:30-8:10-10:50 Mon 2:05-4:45-8-10:40 Tue 12:10-2:50-5:30-8:10-10:50 Wed-Thu 2:05-4:45-8-10:40 Fri-Sun 1:20-4:15-7:10-10:05 Mon 4:15-7:10-10:05 Tue 1:20-4:15-7:10-10:05 Wed-Thu 4:15-7:10-10:05 Sat 11:15
Grown Ups 2 (PG) Fri-Tue 8:15-10:45
Jobs (PG) Fri-Tue 1:30-4:30-7:30-10:30 Wed 4:30-7:30-10:30 Thu 1:30-4:30-7:30-10:30 Star & Strollers Screening Wed 1
Kick-Ass 2 (14A) No Passes Fri-Sun 1:50-4:45-7:35-10:25 No Passes Mon 4:45-7:35-10:25 No Passes Tue 1:50-4:45-7:35-10:25 No Passes Wed-Thu 2:30-5:05-7:40-10:15 No Passes Fri-Sun 12:15-2:50-5:25-8-10:35 No Passes Mon 2:30-5:05-7:40-10:15 No Passes Tue 12:15-2:50-5:25-8-10:35 No Passes Wed-Thu 4:45-7:35-10:25 No Passes Sat 11
Lee Daniels' The Butler (PG) Fri-Thu 1:15-4:15-7:15-10:15 Fri-Sun 12:35-3:35-6:40-9:45 Mon 3:50-6:50-9:50 Tue 12:35-3:35-6:40-9:45 Wed-Thu 3:50-6:50-9:50
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1:45-4:45-7:45-10:45
Pacific Rim (PG) Fri-Sun 1-4-7-10 Mon 1-4-10 Tue-Thu 1-4-7-10
Paranoia (PG) Fri-Sun 12-2:35-5:10-7:45-10:20 Mon 2:35-5:10-7:45-10:20 Tue 12-2:35-5:10-7:45-10:20 Wed-Thu 2:35-5:10-7:45-10:20
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12-2:35 Mon 2 Tue 12-2:35 Wed-Thu 2
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 5:15-7:50-10:25 Mon 4:35-7:10-9:45 Tue 5:15-7:50-10:25 Wed-Thu 4:35-7:10-9:45
Planes (G) Fri 12:20-2:40 Sat 11-12:20-2:40 Sun 12:20-2:40 Mon 1:55 Tue 12:20-2:40 Wed-Thu 1:55
Planes 3D (G) Fri-Sun 5-7:20-9:40 Mon 4:20-6:45-9:10 Tue 5-7:20-9:40 Wed-Thu 4:20-6:45-9:10
Red 2 (PG) Fri-Sat 1:40-7:05 Sun 1:40 Mon-Thu 1:40-7:05
The Smurfs 2 (G) Fri 1:20-3:55-6:50-9:25 Sat 11:10-1:20-3:55-6:50-9:25 Sun-Wed 1:20-3:55-6:50-9:25 Thu 1:20-3:55-6:50
Some Like It Hot (PG) Mon 7
The Spiderwick Chronicles (PG) Sat 11
Turbo (G) Fri-Sun 12:45-3:15-5:45 Mon 1-3:25-5:50 Tue 12:45-3:15-5:45
We're the Millers (14A) Fri-Thu 1:45-4:40-7:25-10:05 Fri-Sun 2:30-5:15-8-10:45 Mon 5:15-8-10:45 Tue 2:30-5:15-8-10:45 Wed-Thu 5:15-8-10:45
The Wolverine (14A) Fri-Thu 1:10
The Wolverine 3D (14A) Fri-Thu 4:10-7:10-10:10 Fri-Sun 12:15-3:15-6:20-9:25 Mon 3:30-6:30-9:30 Tue 12:15-3:15-6:20-9:25 Wed-Thu 3:30-6:30-9:30
WWE: Summerslam - 2013 (STC) Sun 5
You're Next (STC) Thu 10

Clova
5732-176th St. Surrey

Planes (G) Fri-Thu 1:30-3:30-7

Hollywood 3 Cinema
7125-138th Street, Surrey,

The Conjuring (14A) Fri-Thu 9:20
Epic (G) Fri-Thu 12
Grown Ups 2 (PG) Fri-Thu 12-2:05-7:05
The Heat (14A) Fri-Thu 2:05
The Lone Ranger (PG) Fri-Thu 4:10-9:10
Monsters University 3D (G) Fri-Thu 12:15-2:30-4:45-7
Pacific Rim (PG) Fri-Thu 6:45
Red 2 (PG) Fri-Thu 4:25

World War Z 3D (14A) Fri-Thu 9:15

Strawberry Hill Grande
12161-72nd Ave, Surrey

Chennai Express (PG) Fri-Sun 12:25-3:30-6:45-10 Mon 1:10-5:35-9:15 Tue 12:25-3:30-6:45-10 Wed-Thu 1:10-5:35-9:15
Despicable Me 2 (G) Fri-Sun 12:20-2:45-5-7:35-9:55 Mon 2:15-5:15-7:35-10:05 Tue 12:20-2:45-5-7:35-9:55 Wed-Thu 2:15-5:15-7:35-10:05
Elysium (14A) Fri-Sun 12-2:40-5:20-7:55-10:45 Mon 2:40-5:20-7:55-10:30 Tue 12-2:40-5:20-7:55-10:45 Wed 5:20-7:55-10:30 Thu 2:40-5:20-7:55-10:30
Star & Strollers Screening Wed 1
Kick-Ass 2 (14A) No Passes Fri-Sun 12:15-2:50-5:25-8-10:35 No Passes Mon 2:20-5:25-8-10:30 No Passes Tue 12:15-2:50-5:25-8-10:35 No Passes Wed-Thu 2:20-5:25-8-10:30
Lee Daniels' The Butler (PG) Fri-Sun 1:15-4:15-7:15-10:15 Mon 1:15-4:15-7:15-10:10 Tue 1:15-4:15-7:15-10:15 Wed-Thu 1:15-4:15-7:15-10:10
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1:45-4:45-7:45-10:45
Naughty Jatts (PG) Fri-Sat 1:35-4:35-7:25 Sun 1:35 Mon-Tue 1:35-4:35-7:25
Once Upon a Time in Mumbai Dobaara (14A) Fri-Thu 1:05-5-8:45
Percy Jackson: Sea of Monsters (PG) Fri-Sun 11:55-2:35-5:10-7:45-10:20 Mon 1-4:15-7:45-10:20 Tue 11:55-2:35-5:10-7:45-10:20 Wed-Thu 1-3:45-6:50-9:30
Planes (G) Fri 12:10-2:25 Sat 11-12:10-2:25 Sun 12:10-2:25 Mon 2:25 Tue 12:10-2:25 Wed-Thu 2:25
Planes 3D (G) Fri-Thu 5:05-7:30-9:50
Punjab Bolda (PG) Fri-Sun 12:35-3:50-7-10 Mon 2-6-9 Tue 12:35-3:50-7-10 Wed-Thu 2-6-9
The Smurfs 2 (G) Fri-Sun 12:05 Mon 2:20 Tue 12:05 Wed-Thu 2:20
The Smurfs 2 3D (G) Fri-Sun 2:30-5-7:35-9:55 Mon 4:55-7:20-9:55 Tue 2:30-5-7:35-9:55 Wed-Thu 4:55-7:20-9:55
The Spiderwick Chronicles (PG) Sat 11
We're the Millers (14A) Fri-Sun 2:10-4:50-7:40-10:30 Mon 2:10-4:50-7:40-10:15 Tue 2:10-4:50-7:40-10:30 Wed-Thu 2:10-4:50-7:40-10:15
The Wolverine (14A) Fri-Tue 10:25
WWE: Summerslam - 2013 (STC) Sun 5

Studio 12 Guildford
15051-101st Ave, Surrey

2 Guns (14A) Fri-Tue 9
Bakit Hindi Ka Crush Ng Crush Mo? (PG) Fri-Sun 1:30-4-7-9:30 Mon 7-9:30 Tue 1:30-4-7-9:30 Wed-Thu 7-9:30
Chennai Express (PG) Fri-Sat 12:30-3:40-6:50-10 Sun 12:30-10 Mon 6:50-10 Tue 12:30-3:40-6:50-10 Wed-Thu 6:50-10
Elysium (14A) Fri-Sun 1:15-4:15-7:10-9:50 Mon 7:10-9:50 Tue 1:15-4:15-7:10-9:50 Wed-Thu 7:10-9:50
Jobs (PG) Fri-Sun 1:20-4:25-7:20-10:15 Mon 7:20-10:15 Tue 1:20-4:25-7:20-10:15 Wed-Thu 7:20-10:15
Kick-Ass 2 (14A) Fri-Sun 1:45-4:30-7:30-10:10 Mon 7:30-10:10 Tue 1:45-4:30-7:30-10:10 Wed-Thu 7:30-10:10
The Mortal Instruments: City of Bones (PG) Wed-Thu 6:45-9:45
Once Upon a Time in Mumbai Dobaara (14A) Fri-Sun 12:40-4:10-7:50 Mon 7:50 Tue 12:40-4:10-7:50 Wed-Thu 7:50
Paranoia (PG) Fri-Sun 12:45-3:20-6:40-9:20 Mon 6:40-9:20 Tue 12:45-3:20-6:40-9:20 Wed-Thu 6:40-9:20
Percy Jackson: Sea of Monsters (PG) Fri-Sun 1:40-7:25 Mon 7:25 Tue 1:40-7:25 Wed-Thu 7:25
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 4:35-10:05 Mon 10:05 Tue 4:35-10:05 Wed 10:05
Planes (G) Fri-Sun 1:05-7:15 Mon 7:15 Tue 1:05-7:15 Wed-Thu 7:15
Planes 3D (G) Fri-Sun 3:30-9:40 Mon 9:40 Tue 3:30-9:40 Wed-Thu 9:40
Punjab Bolda (PG) Fri-Sun 12:50-4:20-7:40 Mon 7:40 Tue 12:50-4:20-7:40 Wed-Thu 7:40
The Smurfs 2 (G) Fri-Sun 12:35-3:10-6:20 Mon 6:20 Tue 12:35-3:10-6:20
We're the Millers (14A) Fri-Sun 1-3:45-6:30-9:10 Mon 6:30-9:10 Tue 1-3:45-6:30-9:10 Wed-Thu 6:30-9:10
WWE: Summerslam - 2013 (STC) No Passes Sun 5
You're Next (STC) Thu 10:05

Rialto
1732-152nd Street, White Rock

Before Midnight (14A) Fri 9:10 Sat-Sun 2:10-9:10 Mon-Thu 9:10
Lee Daniels' The Butler (PG) Fri 7-9:30 Sat-Sun 2-7-9:30 Mon-Thu 7-9:30
The Way Way Back (PG) Fri-Thu 7:10

Criterion 4 White Rock
2381 King George Highway

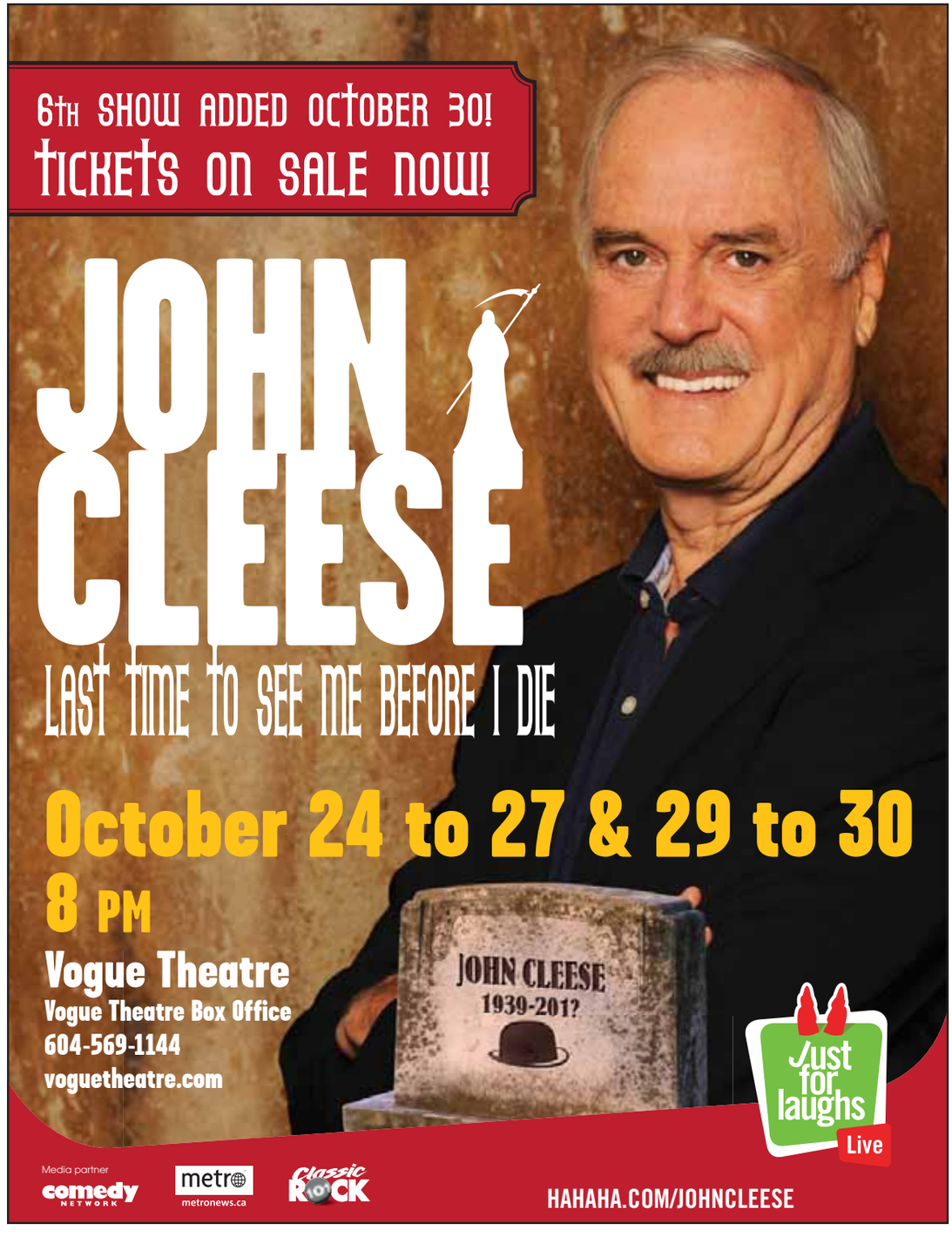
Elysium (14A) Fri-Sun 2-7-9:30 Mon-Thu 7-9:30
Kick-Ass 2 (14A) Fri-Sun 2:20-7:20-9:35 Mon-Thu 7:20-9:35
Planes (G) Fri-Sun 2:30-7:30-9:20 Mon-Thu 7:30-9:20
We're the Millers (14A) Fri-Sun 2:10-7:10-9:25 Mon-Thu 7:10-9:25

Colossus Langley
20090-91A Ave, Langley

2 Guns (14A) Fri-Sun 12:15-2:55-5:30-8:15-10:50 Mon 2:10-5:05-7:55-10:40 Tue 12:15-2:55-5:30-8:15-10:50 Wed-Thu 2:10-5:05-7:55-10:40
The Conjuring (14A) Fri-Sun 1:45-4:45-8:10-11 Mon 1:40-4:30-7:35-10:25 Tue 1:45-4:45-8:10-11 Wed-Thu 1:40-4:30-7:35-10:25
Despicable Me 2 (G) Fri 1:45 Sat 11-1:45 Sun 1:45 Mon 1:35 Tue 1:45 Wed-Thu 1:35
Despicable Me 2 3D (G) Fri-Sun 4:15-6:55-9:30 Mon 4:20-7:05-9:45 Tue 4:15-6:55-9:30 Wed-Thu 4:20-7:05-9:45
Elysium (14A) Fri-Sun 12-2:40-5:20-8-10:45 Mon 2-4:40-7:30-10:30 Tue 12-2:40-5:20-8-10:45 Wed-Thu 2-4:40-7:30-10:30
Elysium: The IMAX Experience (14A) Fri 1:55-4:35-7:15-10 Sat 11:20-1:55-4:35-7:15-10 Sun 1:55-4:35-7:15-10 Mon 1:30-4:10-7-9:40 Tue 1:55-4:35-7:15-10
Grown Ups 2 (PG) Fri-Sun 7:40-10:40 Mon 7:35-10:20 Tue 7:40-10:40 Wed-Thu 7:35-10:20
The Heat (14A) Fri-Sun 12:10-2:50-5:30-8:20-11 Mon 1:15-4:05-10:35 Tue 12:10-2:50-5:30-8:20-11 Wed 1:50-4:50-7:40-10:40 Thu 1:50-4:50-7:40
Jobs (PG) Fri-Sun 1:30-4:30-7:30-10:30 Mon 1:20-4:20-7:30-10:30 Tue 1:30-4:30-7:30-10:30 Wed-Thu 1:20-4:20-7:30-10:30
Kick-Ass 2 (14A) No Passes Fri 2:05-4:40-7:20-10:05 No Passes Sat 11:30-2:05-4:40-7:20-10:05 No Passes Sun 2:05-4:40-7:20-10:05 No Passes Mon 2:05-4:45-7:20-10:05 No Passes Tue 2:05-4:40-7:20-10:05 No Passes Wed-Thu 2:10-4:45-7:20-10:05 No Passes Fri-Sun 12:15-2:50-5:25-8-10:35 No Passes Mon 2:50-5:25-8-10:35 No Passes Tue 12:15-2:50-5:25-8-10:35 No Passes Wed-Thu 2:50-5:25-8-10:35
Lee Daniels' The Butler (PG) Fri-Sun 1:05-4:10-7:15-10:15 Mon 1-4:05-7:15-10:15 Tue 1:05-4:10-7:15-10:15 Wed-Thu 1-4:05-7:15-10:15
The Mortal Instruments: City of Bones (PG) No Passes Wed-Thu 1-4-7-10
The Mortal Instruments: City of Bones — The IMAX Experience (PG) No Passes Wed-Thu 1:45-4:45-7:45-10:45
Pacific Rim (PG) Fri-Sun 12:25-3:35-6:45-10 Mon 3:35-6:50-10 Tue 12:25-3:35-6:45-10 Wed 4:25-6 Thu 3:35-6:50-10
Paranoia (PG) Fri-Sun 12-2:35-5:10-7:45-10:25 Mon 1:50-4:30-7:25-10:25 Tue 12-2:35-5:10-7:45-10:25 Wed 1:50-7:25-10:25 Thu 1:50-4:30-7:25-10:25
Star & Strollers Screening Wed 3
Percy Jackson: Sea of Monsters (PG) Fri-Sun 12:05 Mon 1:10 Tue 12:05 Wed-Thu 1:10
Percy Jackson: Sea of Monsters 3D (PG) Fri-Sun 2:35-5:15-7:50-10:20 Mon 4:15-7:10-10:10 Tue 2:35-5:15-7:50-10:20 Wed-Thu 4:15-7:10-10:10
Planes (G) Fri 12:10-2:30-5:05 Sat 11:05-12:10-2:30-5:05 Sun 12:10-2:30-5:05 Mon 1:05-2:35-5:10 Tue 12:10-2:30-5:05 Wed 2:35-5:10 Thu 1:05-2:35-5:10
Planes 3D (G) Fri-Sun 12:40-3:05-5:35-8:05-10:25 Mon 2:05-4:40-7:05-9:35 Tue 12:40-3:05-5:35-8:05-10:25 Wed-Thu 2:05-4:35-7:05-9:35
Red 2 (PG) Fri-Sat 7:50-10:55 Sun 10:55 Mon 7:15-10:10 Tue 7:50-10:55
Serenity (14A) Wed 9:30
The Smurfs 2 (G) Fri 1 Sat 11:15-1 Sun 1 Mon 1:45 Tue 1 Wed-Thu 1:45
The Smurfs 2 3D (G) Fri-Sun 3:45-6:50-9:35 Mon 4:25-7:10-9:55 Tue 3:45-6:50-9:35 Wed-Thu 4:25-7:10-9:55
Some Like It Hot (PG) Mon 7
The Spiderwick Chronicles (PG) Sat 11
Turbo (G) Fri 12:05-2:25-4:50 Sat 11:25-12:05-2:25-4:50 Sun 12:05-2:25 Mon 2:25-4:50 Tue 12:05-2:25-4:50
We're the Millers (14A) Fri-Sun 2-4:40-7:35-10:30 Mon 1:55-4:55-7:40-10:40 Tue 2-4:40-7:35-10:30 Wed-Thu 1:55-4:55-7:40-10:40
The Wolverine (14A) Fri-Sun 1:50 Mon 1:35 Tue 1:50 Wed-Thu 1:35
The Wolverine 3D (14A) Fri-Sun 4:55-7:55-10:55 Mon 4:35-7:50-10:45 Tue 4:55-7:55-10:55 Wed-Thu 4:35-7:50-10:45
WWE: Summerslam - 2013 (STC) Sun 5
You're Next (STC) Thu 10

Twilight Drive-In
260th Street & Fraser Highway, Langley

Elysium (14A) Fri-Sat 11 Sun-Thu 9
Grown Ups 2 (PG) Fri-Sat 9 Sun-Thu 11



Lap up these lyrics

SOUND CHECK
Alan Cross
scene@metronews.ca

A little singing followed by some gurning and parasailing. You read that right.

Why'd You Only Call Me When You're High?/Arctic Monkeys

The Monkeys' Alex Turner has an amazing knack for writing plain-speaking conversational lyrics. This track is from the band's upcoming fifth album, AM (Sept 9).

Synth Gurning/Vince Clarke

Vince — one-half of Erasure and former Depeche Mode man — is looking for fans to make synthesizer sounds with their mouths for some kind of future project. Watch him demonstrate.

Parasailing/Chris Hau

First Chris showed it was possible to sing, play guitar and surf at the same time. (Take that, Jack Johnson!) For his next trick, he performs while parasailing at a height of 400 feet.

Ke$ha concert too hot for some fans

Pop star. The outrageous starlet drew criticism after a recent all-ages show was deemed too provocative

LUKE SIMCOE
Metro Online

Caesars Windsor is defending last weekend's Ke$ha concert, even though some felt the performance featured a little too much, "Blah Blah Blah."

Ke$ha's sold-out show included inflatable women's legs, ample profanity and requests to "stick it" in the singer's vagina. Midway through the set, parents could be seen leaving the venue with their kids in tow.

Others took to Facebook to question why the show was deemed all ages in the first place.

Ke$ha. GETTY IMAGES

"My fiancée and I were at this show and almost all other shows put on at Caesars. This is by far the worst and I was offended as an adult. Have some class people," wrote Alan Prince on Facebook.

"This was def(initely) too adult for my daughter," wrote Susanne Bergeron. "Ke$ha's 'balls' discussion was a prime example of something that isn't all ages."

The venue has shot back, saying parents should be aware of what their children are listening to.

"We appreciate that Ke$ha's show may be offensive to some, which is why signage was prominently posted to caution the audience," Caesars posted on its Facebook page. "It is ultimately up to concert attendees to review an artist's material before purchasing tickets so that they may make their own informed decision on what is age appropriate, as this is subjective. What may be offensive to some is acceptable and enjoyable by others."

A number of commenters on Facebook agreed with the casino.

"Parents should have done their homework before bringing nine-year-olds," said Rebecca Rospond.

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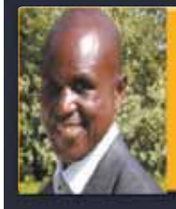

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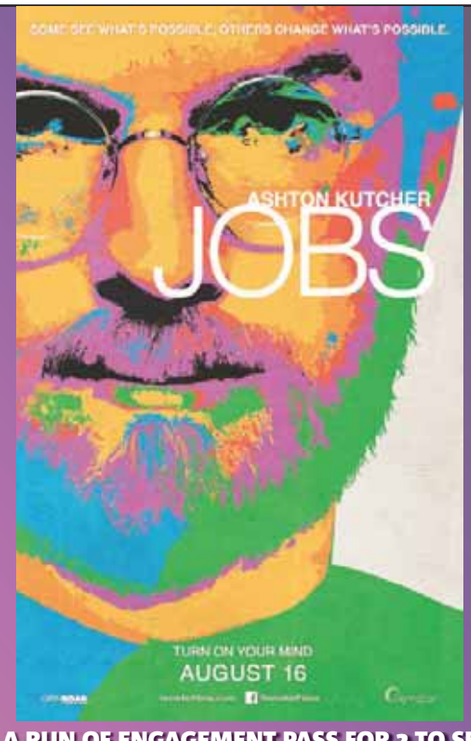

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Hell of a way to be Southern

Television. Anson Mount is back as the vengeful Cullen Bohannon on Hell on Wheels

MEREDITH ENGEL
Metro World News

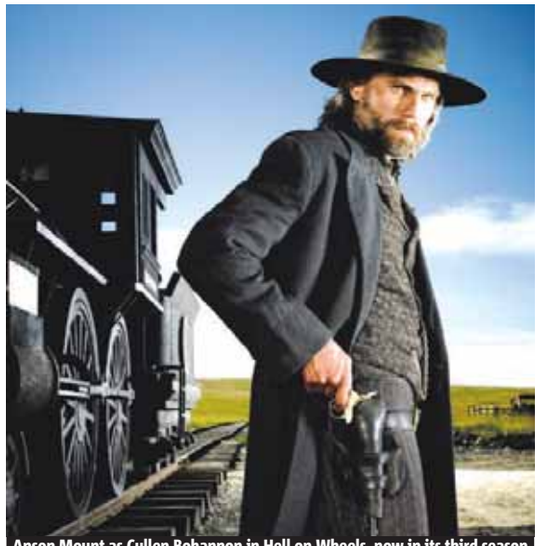
A native of Tennessee, Anson Mount is tired of the Southern stereotypes he's used to seeing on camera.

"It pisses me off," says the 40-year-old actor, who plays the former Confederate soldier Cullen Bohannon on Hell on Wheels, which returned for its third season on AMC earlier this month. "It's just the same old s— all the time: uneducated, incestuous, racist."

When Mount saw the script for Hell on Wheels, about the creation of the first transcontinental railroad, he knew he had found something different.

"We tend to have a lot of books and history classes and films set around the Civil War, but Reconstruction has not been closely examined," he says of the era that followed the Civil War. While the characters on the show adjust to a new America, Mount and the rest of his cast adjust to a new show runner: John Tirth (Terminator: The Sarah Connor Chronicles).

"They're different battle plans," Mount says of Tirth's style.



Anson Mount as Cullen Bohannon in Hell on Wheels, now in its third season on AMC. CONTRIBUTED

This season

Reconstruction of the country and of the self

"I think this is gonna be our best season yet, and I'm not just giving out lip service," Mount says, adding that they've "turned a corner with the show." Bohannon's struggles aren't going to let up, but Mount is hopeful for his character. "Either he goes further into addiction until he's dead, or he finds a way out. We had to find a way to dig him out and that involves reconstructing your soul at the same time that we're constructing the railroads, so I think metaphorically he gets out."

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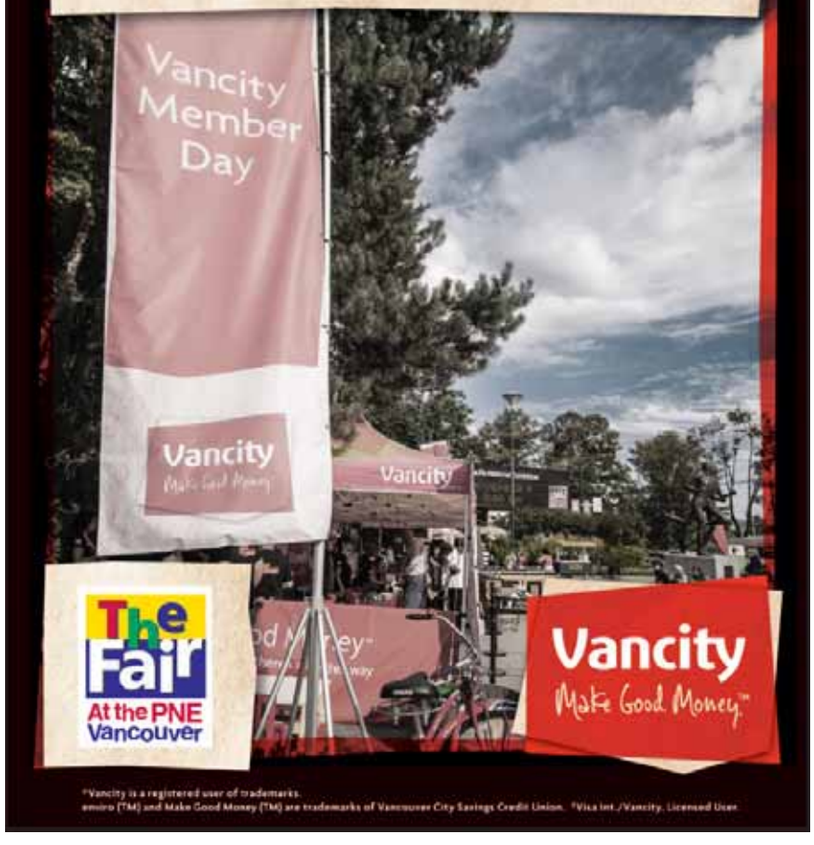

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Young and carefree: The WWE's first openly gay wrestler

MELINDA TAUB
Metro World News in New York City

Professional wrestling doesn't get a whole lot of ink around the ol' Word, because wrestlers, as a rule, neither party with Justin Bieber nor appear naked on Game of Thrones (although they're more than welcome to do either). But this story is too sweet not to share. TMZ caught up with WWE superstar Darren Young and asked him if he thought a gay wrestler could make it in the WWE. Young — who was remarkably good-natured about the whole thing, given that TMZ apparently ran him down at the baggage carousel in LAX — replied, "Absolutely. Look at me. I'm a WWE superstar and to be honest with you, I'll tell you right now, I'm gay. And I'm happy. I'm very happy." Young seemed utterly cheerful about his revelation. "I just don't think it matters. Does it matter to you?" he asked his interviewer, who responded, "Not one iota." The WWE superstar added that he's not worried about how his revelation will be received in the wrestling world. "I'm happy with myself. Some people might not like it, some people will like it," he shrugged. Young is the first openly gay WWE wrestler, and the first ever pro wrestler to come out while signed to a major promotion.

Dominic Monaghan ALL IMAGES GETTY, EXCEPT YOUNG: CONTRIBUTED

Lost star in a vicious game of he said, she said

Lost star Dominic Monaghan apparently doesn't take rejection well. A young Los Angeles woman — who wishes to remain anonymous — says that she was on the receiving end of some vile and hurtful text messages from Monaghan after she turned him down for sex, according to Radar Online. One particularly rough message reads: "When did I ever say I wanted to have sex with you? You appear riddled with herpes and smell odd. I couldn't invite you to one of my three houses (because) I'd be nervous you would steal s—." Monaghan confirms the texts are from him, but he says there's more to the story. "I wonder if you are aware that she has been calling me for over two years when I have repeatedly asked her not to," he tells the website. "Today I told her again via text that her behaviour was troubling to me and for her not to contact me."

Twitter

@JuddApatow
I am all for the Olympic boycott. For lots of reasons. I would have boycotted China too. Bad people don't deserve ski races.

@GarryShandling
Anyone old enough to remember, "Call Me, Maybe"? I was just sitting here, missing it, sort of singing it to myself.

@AnnaKendrick47
just saw a horse rolling around in a field like a damn puppy. I am convinced I will never see anything better as long as I live.

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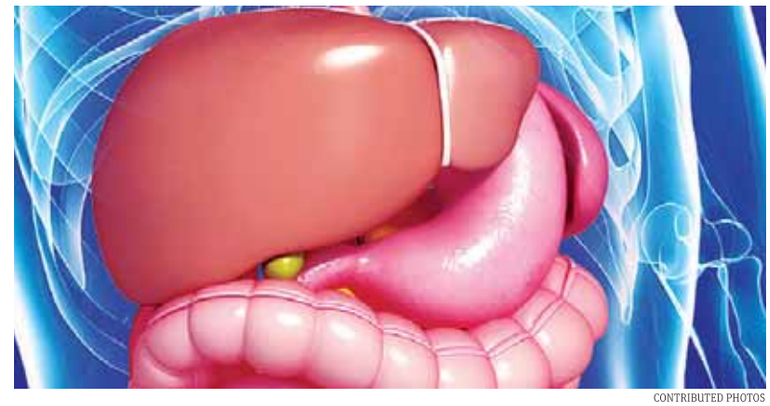

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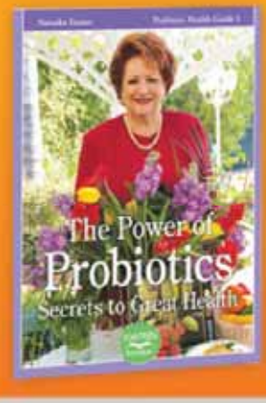

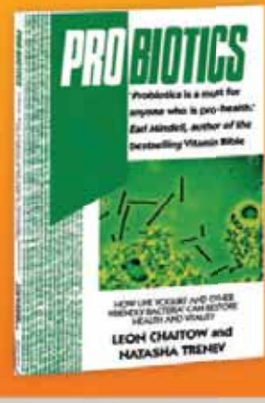

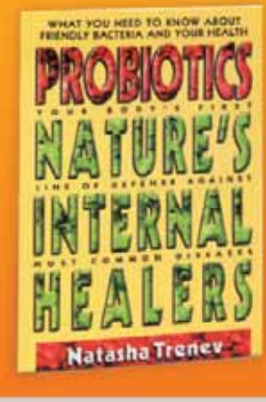

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THE GUT-BRAIN CONNECTION

What if the answers to many of our questions about mental disorders including anxiety, depression, autism and even Alzheimer's lie in our guts?

Scientists have long known the importance of bacteria to human health, but emerging research on probiotics is beginning to make a real impact on the field of medicine, according to Natasha Trenev, bestselling author of Probiotics: Nature's Internal Healers.

The emerging field of neurogastroenterology explores the overlooked and surprisingly strong connection between our gut and our brain. New evidence suggests that the gastrointestinal system, once considered a very separate entity from the brain, is, in fact, intricately involved in mental health and brain function, and vice versa.

"It's my hope that people will soon become as well acquainted with friendly bacteria as they are with vitamins," says Trenev, who introduced the term "probiotics," which later became the category we now know as probiotics. Furthermore, Trenev introduced the first-ever probiotic supplements to the North American market in 1982.

The groundbreaking scientist, researcher, self-taught microbiologist, health activist, consultant and author was one of the first to recognize the physical and mental health-boosting effects of "good" bacteria. Her national standards for probiotics, which were read into the U.S. congressional record in 1995, are still cited by many as the probiotics industry standard.

"Optimal health — physical and mental — starts in the gut," Trenev says. "When your gut is healthy, you're more likely to be healthy. Beneficial bacteria live throughout your body, in your mouth, on your skin, in your mucous membranes, gastrointestinal tract and urogenital tract. They do everything from boosting the immune system to aiding liver detoxification and they've also been shown to have a major influence on the brain."

Trenev will be exploring the key effects the "human microbiome" has on the body's gut-brain axis at the inaugural BrainSolutions Conference Aug. 24-25 at the Vancouver Convention Centre.

"I consider probiotics to be the most important health-care concept of the 21st century," Trenev says.

For more information about the BrainSolutions Conference, and to get your tickets, visit brainsolutions.ca.

Liquid Assets

Calling all coffee lovers

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Pairing wine with a great meal is one of life's simple pleasures. While most will agree, I bet the majority of you typically enjoy your vino as a standalone experience.

Winemakers know this, and have been steering a lot of their juice in a direction that tastes best sipped over casual conversation.

South Africa, long a producer of unique, value-oriented liquid, has been at the forefront of the wine-as-a-cocktail trend; riding the wave by taking advantage of the distinctive personalities imparted into its wine by an exotic terroir and the utilization of oak to create unconventional flavours.

The pinotage grape has been South Africa's superstar for decades. It's always made laid-back wines but, with innovative barrel aging, some can take on the dominating expression of chocolate and coffee.

The Grinder 2012 Pinotage ($13.95 - $14.99) is java goodness in a glass, with balanced tannins, a ripe core of wild berry fruit and soft mocha finish. Definitely drinkable on its own, it's a perfect match with grilled meats and chocolaty desserts. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

This recipe serves 16. COURTESY ROSE REISMAN

Best of both worlds

Chocolate Brownie Banana Cake with Cream Cheese Frosting.

Combine the classics

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

1. Preheat the oven to 350 F (175 C). Lightly coat a 9-inch (22 cm) square baking pan with cooking spray.

2. To make the brownie cake: Combine the sugar, oil, egg and vanilla in a bowl until well mixed. Add the cocoa and mix well. Add the flour, baking powder, yogurt and chocolate chips, mixing just until combined and smooth. Don't overmix. Pour the batter into the pan and gently spread.

3. To make the banana cake: Combine the sugar, oil, egg, vanilla and banana in a bowl until well mixed. Add the yogurt, flour, baking powder and baking soda. Mix until just combined. Pour over the brownie cake and with a wet knife spread to cover brownie

4. Bake 25 minutes or just until a tester comes out dry.

5. To make the icing: Blend all the icing ingredients in a blender or food processor until smooth. If too thick, add a few drops of water. Spread on the cake once cool, and serve.

Ingredients

Brownie Cake
- 2/3 cup granulated sugar
- 1/4 cup vegetable oil
- 1 egg
- 1 tsp vanilla extract
- 1/3 cup unsweetened cocoa powder
- 1/3 cup all-purpose flour
- 1 tsp baking powder
- 1/4 cup 2% plain yogurt (or 3% sour cream)
- 1/4 cup semisweet chocolate chips

Banana Cake
- 1/2 cup granulated sugar
- 3 tbsp vegetable oil
- 1 egg
- 1 tsp vanilla extract
- 1 large ripe banana, mashed
- 3 tbsp 2% plain yogurt
- 3/4 cup all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda

Icing
- 1/4 cup softened light cream cheese (about 2 oz/60 g)
- 2/3 cup icing sugar
- 1 1/2 tsp cocoa powder

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Vancouver Queer Film Festival

For 11 days every August, this colourful festival takes over theatres throughout the city featuring the best independent selection of queer cinema. It's Vancouver's second largest film fest, and the largest queer arts festival in Western Canada with workshops, discussions parties and plenty more. Aug. 15 to 25. Learn more about the line up of entertaining options here: queerfilmfestival.ca.

Brains!

Starting at 4 p.m. on Saturday steal a page from The Walking Dead and gear up in all that frightful garb you've been saving for Halloween and head over to the Art Gallery steps alongside hundreds of others for a ghoulish trek through the heart of downtown. Post walk, head over to The Waldorf Hotel where you'll find multiple rooms of terror, a Zombikini Contest, Zombie Burlesque and more. Departing from the Vancouver Art Gallery steps. For tickets and info visit: zombiewalkvancouver.com.

Let the good times roll

One of the most fun, albeit cheesiest, events of the year takes place this Saturday in Whistler's Upper Village and is celebrating its sixth year. Try your hand at chasing after an 11-pound wheel of Canadian cheddar for a chance to win a $500 gift certificate. There will be tasting demos, cheese pairing seminars and plenty more. Saturday in Whistler Village. For more info visit: canadiancheeserolling.ca.

PNE Summer Concert Series

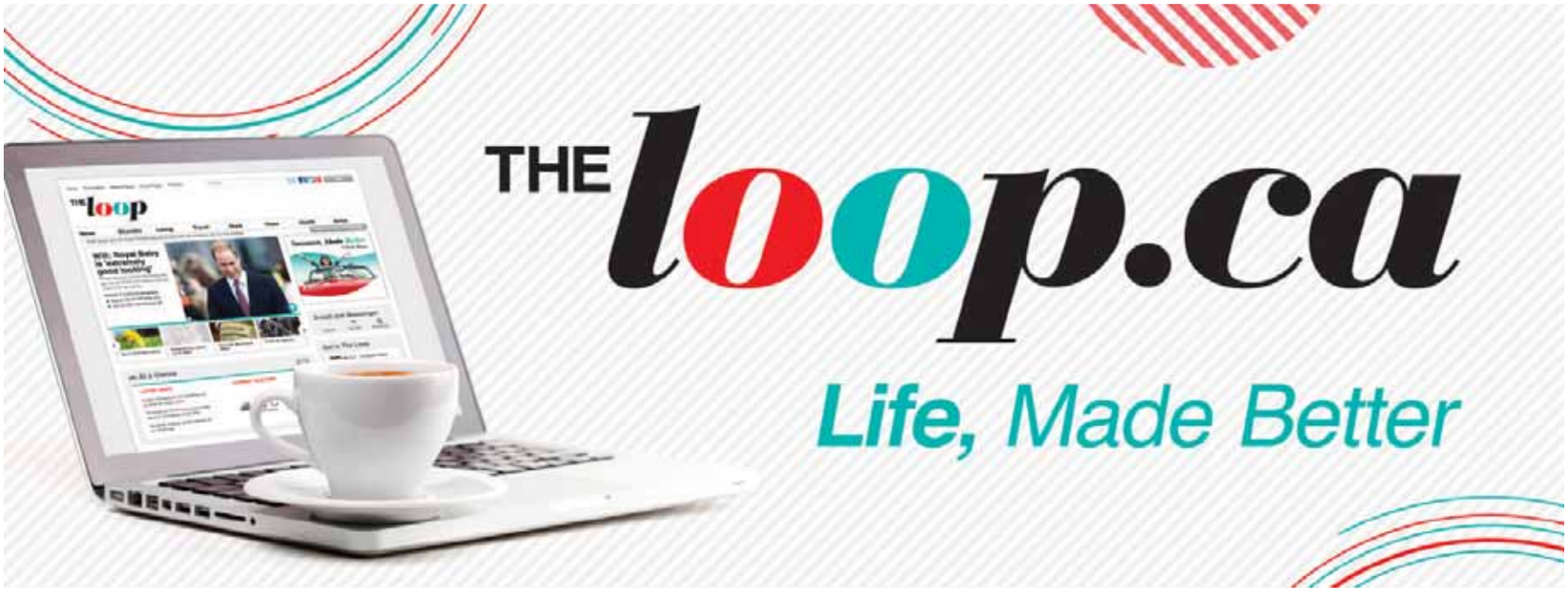
Back for another year (with a larger venue offering reserved seating) is the Summer Night Concert series. A sure sign of summer, catch a rotating mix of local and international talents each night at this favourite outdoor space. Melissa Etheridge gets things started this Saturday with the likes of Great Big Sea, Dean Brody, Sam Roberts, Big Wreck, Colin James, Lights and more set to play the WestJet Concert Stage. Concerts are free with admission to the fair. Saturday to Sept. 3. Learn more here: pne.ca.

The Black Lodge

If you were a fan of the show Twin Peaks, you know what the name refers to already. A Twin Peaks-themed bar has recently opened its rustic doors in Vancouver and pays homage to the show's eclectic cast of characters (look for a prominent photo of Laura Palmer upon entry). Park yourself at one of the wood slab tables and take in the faux Douglas Fir cabin feel while you sip a pint of Northwest suds and nosh on quality vegan-friendly comfort food. 630 Kingsway.

Dumpling Cook Off

Fill your belly and be sure to head down to enjoy a summer night at Vancouver's Chinatown Night Market. With nine chefs vying for a specially designed dumpling trophy, it's guaranteed to be a great time. 2,700 dumplings are expected to be prepped with a discerning panel of judges ready to nosh the night away. Purchase your own dumpling passport to join in the fun for only $12. The event runs on Friday, next to The Keefer Bar. Hungry for more info? Visit eventbrite.com.



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MLS

Whitecaps one year closer to a winning formula

Thursday marked a dubious one-year anniversary for the Vancouver Whitecaps.

It was on Aug. 15, 2012, that the local Major League Soccer side lost to FC Dallas at home, thus beginning a free fall that didn't stop spiralling out of control until a playoff elimination loss to the L.A. Galaxy nearly three full months later.

From Aug. 15 to Nov. 1, the Whitecaps went a dismal 1-7-3, barely squeaking into the playoffs.

Entering another MLS regular-season stretch with post-season aspirations, the 2013 Whitecaps find themselves facing a similar situation.

However, in contrast to last year, the Whitecaps were able to nip a two-game losing streak formed in late July with a gutsy comeback effort against Portland and a second-half surge to victory against San Jose.

As of Thursday, the Whitecaps sit second in the Western Conference with a 10-7-6 record and 36 points.

Vancouver's opponent on Saturday, the Colorado Rapids, has the same number of points but one less victory.

If the past two weeks are any indication, the Whitecaps might have learned how to win those games that they otherwise could not have last year.

"It's having that mental toughness," said midfielder Nigel Reo-Coker earlier in the week.

"It's something we've said from the start about building that winning mentality."

CAM TUCKER/METRO

Lions prepare for 'Game 7' vs. Stamps

CFL. Players look to approach Saturday's matchup like any other, but acknowledge its heavy implications

CAM TUCKER
cam.tucker@metronews.ca

Lions defensive back Dante Marsh, seen here in an August 2012 game against the Argonauts, says Calgary week is always a big week in B.C. CARLOS OSORIO/TORSTAR NEWS SERVICE FILE

In no specific order, it's been agreed upon by players as a statement game, one the BC Lions must approach with a playoff mentality.

On Wednesday, veteran defensive back Dante Marsh wasn't buying the hype. This is just another game.

"Every week is a big week in the CFL. It's professional football," Marsh said with a laugh.

The Lions host the Calgary Stampeders at BC Place stadium on Saturday. They have yet to put their best effort forward through six games, while amassing a 4-2 record.

The Stampeders, who have convincingly beaten B.C. in each of the last two meetings, including last year's West final, have won four straight and are the hottest team in the Canadian Football League.

"We got 18 games. This is Game 7, so we're going to go out with the same mentality and that's to win a football game," said Marsh.

The Lions and Stampeders have waged some incredible battles on the football field throughout the years.

The Stampeders might have the Battle of Alberta with the Edmonton Eskimos and a hearty Prairie dislike for the Saskatchewan Roughriders, but the Leos' rivalry with Calgary still burns strong — though it's been rather one-sided of late.

Quoted

"I'm not looking at this game like it's the end-all, be-all."

BC Lions defensive back Dante Marsh on Saturday's game

"You've gotta have a short memory," said Marsh.

"Calgary week is always a big week in B.C. and it's going to be a good game on both sides of the football."

The Lions, with a win over Calgary coupled with a Roughriders loss against the Montreal Alouettes, would enter into a three-way tie for first in the West Division.

A B.C. loss and questions about whether this team can truly be considered a front-runner in the West along with Calgary and Saskatchewan would persist.

"I don't think it needs to be hyped up. What you're looking at is Game 7 for us," said head coach Mike Benevides earlier in the week.

"These are the kind of games that you do get excited about. We get to play the best opponent in this league right now in our stadium, in front of our fans and family, and we need to continue to grow and improve."

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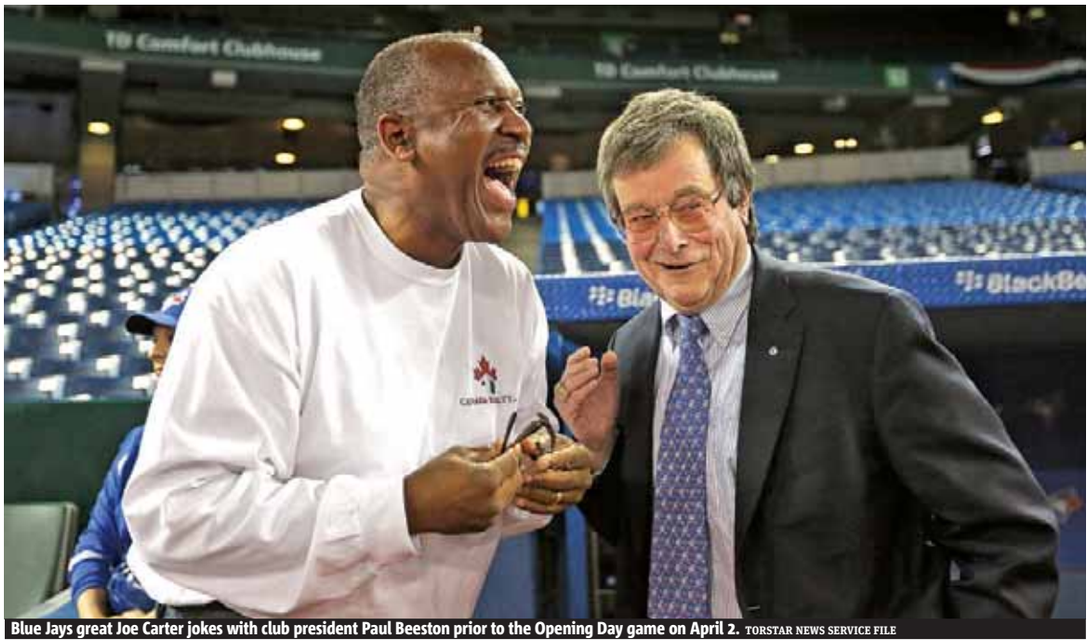

Blue Jays great Joe Carter jokes with club president Paul Beeston prior to the Opening Day game on April 2. TORSTAR NEWS SERVICE FILE

Carter home run still ingrained in memory

20 years later. Carter is still most famously known for his game-winning home run to help the Jays capture the 1993 World Series

CAM TUCKER
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Time can fly, as can a baseball over the fence.

This year marks the 20th anniversary of Joe Carter's famous World Series-winning home run for the Toronto Blue Jays.

Carter will make an appearance at Scotiabank Field at Nat Bailey Stadium for the Superstar Series when the Vancouver Canadians take on the Salem-Keizer Volcanoes on Aug. 20.

At the time, the memorable Game 6 Carter blast over the left-field fence at SkyDome, which came off Philadelphia Phillies pitcher Mitch Williams, marked only the second time in history the World Series had been decided by a home run.

"When you're out of the game, what you have left are your memories," Carter said during a conference call on Thursday.

"And fortunately for me … I have a lot of memories, but that's the only one people remember and I'm not complaining because that's a good thing.

"There's not a day that goes by where someone does not ask me about the home run, or I meet (someone) for the first time (and) that's the first thing they bring up. That's an awesome feeling."

Carter, now 53, retired from professional baseball in 1998.

Golf is his game now.

Carter has, for the most part, stepped away from baseball, paying "close attention once the playoffs start."

He is outspoken about the latest instalment in the steroid scandal plaguing baseball, and the players swept up in it.

"I hope it all comes out. What it has done is taken away from the guys who played the game the correct way," said Carter.

"These guys have taken the game up to 500 and 600 home runs like it's nothing and they have still been rewarded basically for cheating, and I'm not a fan of that because it's taken away from what I accomplished and what I did.

"I think it's not enough punishment for what they have done. You start to take away people's contracts and take away their statistics, I think you'll find it may turn out to be a little different."

Steroid scandal

"I'm not a fan of that because it's taken away from what I accomplished and what I did."

Joe Carter, former Toronto Blue Jays player.
Carter thinks the current punishment for steroid use in the MLB is not enough.

Alfredsson. Contract negotiations with Sens 'went nowhere'

Daniel Alfredsson
THE CANADIAN PRESS

Fans hoping to get a clearer picture of why Daniel Alfredsson left the Ottawa Senators for the Detroit Red Wings may never get the answers they're looking for, but it appears money played a major role in the decision.

Speaking to reporters in Ottawa on Thursday, Alfredsson admitted contract negotiations — or lack thereof — were a big factor in his choice to sign with the Red Wings as a free agent on July 5 rather than remain with the only NHL team he's ever played for.

The 40-year-old former Ottawa captain explained that his last contract had been structured under the assumption he would retire before the final year of the deal, which was for $1 million US.

"When I did my last contract for four years ending in the (2012-13) season, I was asked to help the team manage the salary cap by adding on an extra year to my contract. I agreed. Each side fully expected I would retire and not play the 2012-13 season," Alfredsson said during a news conference at the Royal Ottawa Mental Health Centre.

"However, after the 2012 season, I told the Sens I wanted to play another season. I also asked to look at a possible extension for this upcoming season at a fair amount to balance out the two years for both of us. They agreed.

"Sadly, the contract negotiations went nowhere, but I played out the season as I had promised and I believe this past season was, in my view, a very special one."

Despite a rash of injuries, the Senators advanced to the second round of the playoffs, where they were eliminated by the Pittsburgh Penguins in five games. THE CANADIAN PRESS

MLB

Blue Jays hang the Red Sox out to dry

Starting pitcher Mark Buehrle outlasted Jake Peavy on Thursday as the Toronto Blue Jays edged the Boston Red Sox 2-1 for their second win in a row.

Buehrle (9-7) gave up 10 hits over seven innings but allowed just one run in a solid outing for the Blue Jays (56-65).

Mark DeRosa — pinch hitting for first baseman Adam Lind — gave the Blue Jays a 2-1 lead when Edwin Encarnacion scored from third on his pop fly.
THE CANADIAN PRESS

Track and field

Drouin wins bronze at track and field finals

Derek Drouin sent a loud-and-clear message Thursday at the world track and field championships, capturing another bronze in men's high jump and setting a Canadian record in the process.

"I wanted to prove this year that I deserved to be on the podium in London 2012. Feels good to have accomplished that goal," Drouin said.
THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
Are you happy with the way your life is going? If not then you must do something about it. Whether you see it as hard or easy, your life is, ultimately, nothing more than a choice. Reality will follow that choice.

♉ Taurus
April 21 - May 21
Don't waste time on things you cannot change. You have only a limited amount of time and energy at your disposal so your aims must be limited too. Focus on what you are good.

♊ Gemini
May 22 - June 21
See what happens today as a challenge rather than as a setback. Even if a friend or colleague lets you down, you should look on the bright side: It means one less person with whom to share the rewards!

♋ Cancer
June 22 - July 23
You may have to admit, if only to yourself, that a particular aim is going to stay beyond your reach, at least for now. So what? You've got plenty of others to go after.

♌ Leo
July 24 - Aug. 23
There is no such thing as luck and the sooner you realize that, the better your "luck" is likely to be. A social occasion will bring opportunities to meet new people and make important new contacts.

♍ Virgo
Aug. 24 - Sept. 23
There will be chaos today as those around you realize they have only limited time to get things done. Sit back with a smug look on your face as you are on top of your tasks.

♎ Libra
Sept. 24 - Oct. 23
The entry of Venus, your ruler, into your sign will encourage you to believe that life is good and about to get even better. Believing it will make it true.

♏ Scorpio
Oct. 24 - Nov. 22
You may lack enthusiasm today but that is not necessarily a bad thing. You have been so hard-working in recent weeks that you could probably do with a break. Take it.

♐ Sagittarius
Nov. 23 - Dec. 21
Even if you feel you have not achieved as much as you should have recently, don't let it worry you. In a matter of days you will be doing things you never dreamed you would be able to master. Have fun.

♑ Capricorn
Dec. 22 - Jan. 20
As Venus changes signs today, it's a good time to resolve outstanding disputes you may have with people in positions of power. Next time, try not to rub them the wrong way!

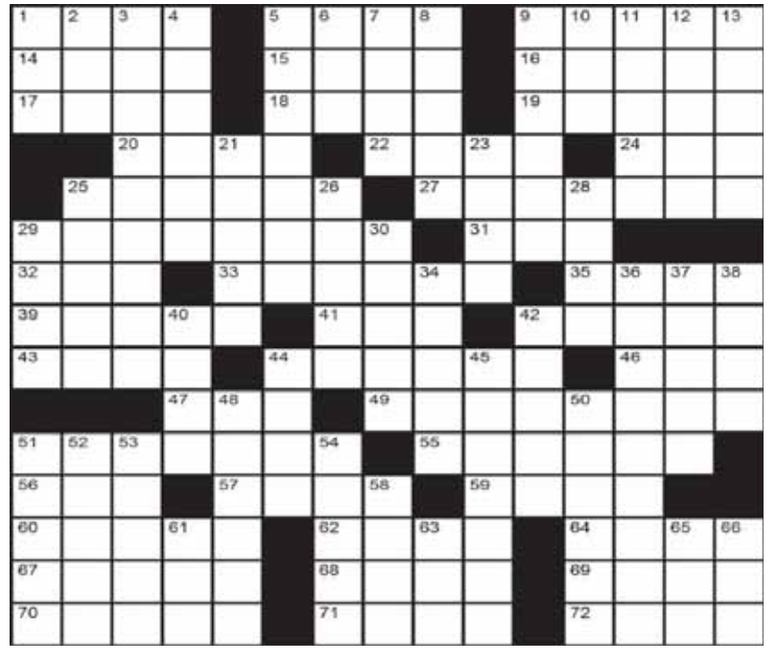
♒ Aquarius
Jan. 21 - Feb. 19
Someone will make you an offer you find hard to refuse but refuse it you must because the planets warn it will mean a mountain of extra work for you. The less you have to worry about the better.

♓ Pisces
Feb. 20 - March 20
You need some time to think through the changes that have taken place in your life in recent months. More importantly, you need some peace and quiet as you can't think clearly with voices coming at you from every direction. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

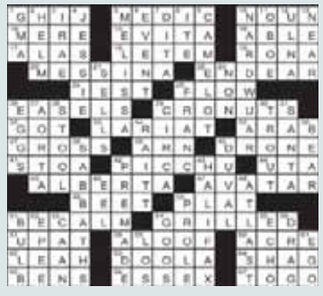
BY KELLY ANN BUCHANAN



Across
1. Clothes-to-line securers
5. Not all
9. Elvis hit: "Suspicious __"
14. Painter Mr. Chagall
15. Rope creation
16. Atlantic, for example
17. Elvis flick, "Flaming __"
18. Nah opposite
19. Safari animal, commonly
20. Undergrad
22. __ Hall
24. Court concern
25. Elvis the __
27. Green Gables heroine Anne
29. "The Ed __ Show"
31. Elvis tune: "Puppet __ _ String"
32. In-flight info, for short
33. Tree types
35. Goose egg
39. French painter Claude
41. Mr. Vigoda
42. Stares
43. Car race, with 500
44. Make _ __ (Raise glasses)
46. Gladiator's 56
47. Decline
49. "___ of Kentucky" by Elvis
51. Ladies and gentlemen... Elvis __!!!
55. Manitoba's provincial tree, White __
56. 'Ballad' suffix
57. Baseball's Mr. Hershiser
59. Ms. Hayworth
60. Surprised, taken __
62. 'Million' suffix (Lotto winner)
64. Where to look in the song "Misty": 2 wds.
67. Make the score even again
68. Condition
69. Rip
70. Plods wearily along
71. "No prob!"
72. Old Icelandic literary work

Down
1. Stephen Harper, et al.
2. Munch lunch
3. Where 'The King' died August 16th, 1977
4. Move along the webpage
5. Go parachuting
6. Elvis hit: "__ Night"
7. Castle's bridge reason
8. Set of values
9. Gordon Lightfoot song Elvis covered: "Early __' Rain"
10. German 'I'
11. Playwright, Eugene O'What?
12. Greek Myth: Mother of Perseus
13. Quebec's provincial bird, __ Owl
21. Force from property
23. "__ the Boss?"
25. Feign: 2 wds.
26. Former Egyptian President, Anwar __
28. Used the doorbell
29. __-detached house
30. Coffee brand est. 1896 in Vancouver
34. "For __??" (Are you serious?, slang-style)
36. Distributed purposefully
37. R&B trio, Bell Biv __
38. Pet Shop Boys hit: "It's _ __"
40. Peepers
42. "Saturday Night Live" alum Cheri
44. Berliner's 'but'
45. __ Court of Canada
48. Guys, in England
50. Alter, as genes
51. Bosc and Anjou
52. Aussie actress Ms. Wilson
53. Greek Myth: Muse of love poetry
54. Poet W.B.
58. Stead
61. Something smoked, shortly
63. Learning basics, informally
65. Angry
66. Time

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	3		4	1			
	7			5			8	3
	1				9		5	
3				2				
7		2				5		1
				6				9
	8		6				9	
4	2			7			1	
			9	1		8	7	

Yesterday's Sudoku

3	6	8	9	2	7	4	1	5
1	4	5	6	8	3	7	2	9
2	9	7	1	4	5	3	8	6
8	2	9	7	3	4	5	6	1
4	3	1	2	5	6	8	9	7
5	7	6	8	9	1	2	3	4
6	1	2	4	7	8	9	5	3
9	5	4	3	6	2	1	7	8
7	8	3	5	1	9	6	4	2

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Las Vegas
Flights + 3 Nights
was ~~$388~~
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UPGRADE to 5-star accom from $80 per night.
ADD Grand Canyon tour from $99.

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from **$834**
Travel Oct 16 - Oct 25

Los Cabos Travel Sep 22 - Sep 29	from $574
Amsterdam Travel Sep 30 - Oct 5	from $780
Costa Rica Travel Nov 5 - Nov 19	from $839
Hong Kong Travel Nov 5 - Nov 19	from $899
Bangkok Travel Nov 5 - Nov 19	from $1049
Tokyo Travel Nov 5 - Nov 19	from $1049
Delhi Travel Nov 5 - Nov 19	from $1069
Sao Paulo Travel Nov 6 - Nov 20	from $1139
Sydney Travel Nov 5 - Nov 19	from $1299

Business Class Flights

New York
from **$1999**
Travel Nov 5 - Nov 12

Frankfurt Travel Nov 5 - Nov 19	from $3259
Rio de Janeiro Travel Nov 5 - Nov 19	from $3469
Delhi Travel Nov 5 - Nov 19	from $4365

Anaheim
Flights + 3 Nights
was ~~$497~~
now **$397**
INCLUDES accommodation near the *Disneyland* Resort. **UPGRADE** to *Disney's Paradise Pier* Hotel from $95 per night. **ADD** *Disneyland* Resort 3-Day 1-Park Per Day Ticket from $229/adult.

Summer Getaways

Tulalip Back to School Shopping Family Special, 2 Nights
from **$92**◊
INCLUDES Tulalip area accom near the outlet malls. Price per person based on family of 4.

Harrison Hot Springs Labour Day
2 Nights 4-Star from $249pp
INCLUDES accom in the Harrison Hot Springs village.

Kelowna Labour Day
2 Nights 4-Star from $295pp
INCLUDES lakefront accom in the Okanagan Valley. **BONUS** free WI-FI included.

Whistler Labour Day
2 Nights 4-Star from $295pp
INCLUDES accom in the Village. **ADD** jeep ride to mountain top for a salmon bake from $180.

Flights + Cruise

Las Vegas & Mexico
New Year Special, Flights + 2 Nights + 7-Night Cruise
from **$1609**
INCLUDES flights, Las Vegas accom on the Strip and cruise over New Year's Eve sailing roundtrip Los Angeles visiting Cabo San Lucas, Mazatlan and Puerto Vallarta. **UPGRADE** to 4-star accom and oceanview stateroom from $18 per night.

California & Hawaii
Flights + 2 Nights + 15-Night Cruise + Rail from $1959
INCLUDES flights, rail, Santa Barbara accom and cruise sailing roundtrip Los Angeles visiting Oahu, Kauai, Maui, Hilo and Ensenada (Mexico). **UPGRADE** to 4-star accom and oceanview stateroom from $17 per night.

Maui
Flights + 7 Nights
was ~~$872~~
now **$772**
INCLUDES 1-bedroom Kihei accom with fully equipped kitchen. **UPGRADE** to 4-star Wailea 1-bedroom villa accom with fully equipped kitchen from $30 per night. **ADD** Hana adventure from $142.

Vacations

Munich Flights + 6-Day Oktoberfest Tour
from **$2155**
INCLUDES flights and 6-day tour during Munich's world famous Oktoberfest. Tour for ages 18 - 35's.

Rome & Florence
Flights + 8 Nights from $1715
INCLUDES flights, 4 nights Rome accom and 4 nights Florence accom with daily breakfast.

Buenos Aires
Flights + 7 Nights from $1875
INCLUDES central accom with daily breakfast. **UPGRADE** to 4-star accom from $40 per night. **ADD** tango porteno dinner from $145.

Thailand
Flights + 2 Nights + 7-Day Tour from $2149
INCLUDES flights, first 2 nights Bangkok accom and 7-day Thailand Discovery tour. **UPGRADE** to 4-star accom from $40 per night.

Flights + All-inclusive

Riviera Maya
7 Nights 4-Star
from **$759**
UPGRADE to 4.5-star accom from $889.

Riviera Nayarit
7 Nights 4-Star from $719
UPGRADE to 4.5-star accom from $857.

Los Cabos 7 Nights 4-Star from $744
UPGRADE to 4.5-star accom from $959.

Varadero 7 Nights 4-Star from $931
UPGRADE to 5-star accom from $1061.

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